



United States Department of Agriculture

What's? Cooking



USDA MIXING BOWL

Cookbook

Appetizers Snacks Sandwiches & Breads!

Got it Covered!

By Anna-Goanna

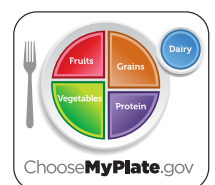


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Alaskan Ceviche with Mango

Makes: 6 Servings

"I came up with this because it's a dish that has mostly fresh fruits and vegetables. It also has Alaskan fish and Alaskan spot prawns, which is the best seafood in the world. These are all things that I like," says Rowan. "I would put whole-grain tortilla chips and low-fat milk to balance it out for a healthy meal."

Ingredients

- 1/2 cup** fresh grapefruit juice
- 1** Alaskan rockfish fillets or any white, firm, fish (skin removed and chopped into bite-sized pieces, 1 to 2 fillets)
- 10** Alaskan spot prawns or large shrimp (peeled, cleaned, and tails removed, then cut into bite-sized pieces)
- 6** plum tomatoes (chopped)
- 1** mango (peeled and chopped)
- 3/4 cup** chopped fresh cilantro leaves
- 1/2 cup** chopped white onion
- 1/2 cup** freshly squeezed lime juice
- 1/4 cup** freshly squeezed lemon juice
- 1/4 cup** freshly squeezed orange juice
- 1 teaspoon** minced jalapeño or serrano chile (optional)
- 1 teaspoon** Kosher salt

Directions

1. In a medium saucepan over moderate heat, bring the grapefruit juice to a boil.
2. Add the rockfish and prawns, reduce the heat to a simmer, and poach the fish and prawns until just tender, about 3 minutes.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	101	
Total Fat	1 g	2%
Protein	11.6 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	232 mg	10%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/2 cup
Protein Foods	1 1/2 ounces

3. Transfer the fish and prawns to a non-aluminum bowl, cover, and chill in the refrigerator up to 3 hours.
4. In a large bowl, toss together the tomatoes, mango, cilantro, and onion.
5. Add the lime, lemon, and orange juices, the jalapeño or serrano chile, if using, and salt.
6. Add the chilled seafood, stir to combine, and taste to see if you want to add more salt, citrus, or spiciness.
7. Serve immediately or chill up to 2 hours for later use.

Notes

State: Alaska

Child Name: Rowan Bean, 9

Makes 6 to 8 servings

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Ambrosia

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 **can** pineapple chunks (in juice, 20 oz., drained)
- 1 **can** mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 **1/2 cups** grape (seedless)
- 3/4 cup** marshmallows (miniature)
- 1/3 cup** coconut (flaked)
- 1 **carton** vanilla yogurt (8 oz., low-fat)

Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	33 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%

Any Days a Picnic Chicken Salad

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 1/2 cups chicken breast (cooked, diced)
1/2 cup celery (chopped)
1/4 cup onion (chopped)
3 packages pickle relish (2/3 tablespoon)
1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	8 g	12%
Protein	17 g	
Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	1.5 g	8%
Sodium	220 mg	9%

Anytime Pizza

Rating: ★★☆☆

Makes: 2 servings

Ingredients

- 1/2 loaf** Italian or French bread (split lengthwise, or 2 split English muffins)
- 1/2 cup** pizza sauce
- 1/2 cup** mozzarella or cheddar cheese (low-fat, shredded)
- 3 tablespoons** green pepper (chopped)
- 1/5 cup** mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	7 g	11%
Protein	12 g	
Carbohydrates	21 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	3.5 g	18%
Sodium	540 mg	23%

Apple Oatmeal Muffins

Makes: 6 Muffins

Ingredients

1/2 cup milk, non-fat
1/3 cup applesauce
1/2 cup flour, all-purpose
1/2 cup quick-cooking oats (uncooked)
1/4 cup sugar
1/2 tablespoon baking powder
1/2 teaspoon ground cinnamon
1 apple (tart, cored & chopped)

Directions

1. Preheat oven to 400°F.
2. Place 6 cupcake holders in baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.

8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Notes

Optional toppings: raisins, walnuts

Apple Tuna Sandwiches

Rating: ★★★★★

Makes: 3 servings

Ingredients

1 can tuna, packed in water (6.5 ounces, drained)
1 apple
1/4 cup yogurt, low-fat vanilla
1 teaspoon mustard
1 teaspoon honey
6 slices whole wheat bread
3 lettuce leaves

Directions

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	2.5 g	4%
Protein	23 g	
Carbohydrates	35 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	330 mg	14%

Applesauce

Rating: ★★★★★

Cook time: 35 minutes

Makes: 10 servings

Ingredients

7 apple (cut in quarters)

1/2 cup water

1/4 cup sugar

Directions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion - add 1 Tablespoon cinnamon and stir before serving.

Notes

Additional sugar can be added to increase sweetness.
Brown sugar can be used instead of white.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	0 g	
Carbohydrates	19 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	NA	
Sodium	NA	

Asian Fajitas

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 6 Servings

“Charli fell in love with a sweet and sour meatball recipe,” said mom Heidi Lynn. “But it was lacking in vegetables and the meatballs were frozen, and not something I wanted to serve my kids. This challenge was the perfect thing for us, as it pushed me to find a better option. In doing so, I realized how much fun we have cooking together and how quickly you can make a meal with a helper! We would add low-fat yogurt, strawberries, and a couple of tablespoons of her grandma’s homemade granola as a side to this dish.”

Ingredients

2 tablespoons packed brown sugar
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon freshly ground black pepper
 Crushed red pepper to taste
3 medium boneless, skinless chicken breasts (cut into thin strips)
1 teaspoon sesame oil
1 green bell pepper (seeded and sliced)
1 orange bell pepper (seeded and sliced)
5 scallions (chopped)
1 cup canned pineapple (cut into bite-sized pieces, plus 2 tablespoons pineapple juice reserved from the can)
 For garnish:
6 whole wheat tortillas
1/4 head red cabbage, thinly sliced (for garnish)
1/2 cup toasted sliced almonds (for garnish)

Directions

1. In a medium bowl, combine the brown sugar, paprika,



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	303	
Total Fat	8 g	12%
Protein	14 g	
Carbohydrates	42 g	14%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	345 mcg	14%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/2 cup
Grains	1 1/2 ounces
Protein Foods	3 1/2 cups

garlic powder, black pepper, and crushed red pepper. Add the chicken and rub it all over with the spice mixture. Transfer the chicken to a large resealable plastic bag and refrigerate for at least 20 minutes and up to several hours.

2. In a large sauté pan or wok over moderately high heat, warm the oil. Add the chicken and cook, stirring occasionally, until completely cooked through, about 7 minutes.

3. Transfer the chicken to a plate and set aside. Do not wash the pan.

4. Add the bell peppers, scallions, and pineapple juice to the pan and cook for about 5 minutes.

5. Add the pineapple pieces and cooked chicken and cook, stirring occasionally, for about 3 minutes.

6. Warm the tortillas in the microwave for 30 seconds.

7. Divide the chicken and vegetable mixture among the tortillas, top each with some red cabbage and almonds, and serve.

Notes

State: North Dakota

Child Name: Charli Mcquillan, 8

Asian Mango and Chicken Wraps

Prep time: 30 minutes

Makes: 4 Servings

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	12 g	18%
Protein	29 g	
Carbohydrates	57 g	19%
Dietary Fiber	9 g	36%
Saturated Fat	2.5 g	13%
Sodium	570 mg	24%

MyPlate Food Groups

Fruits	1 cup
Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.

Asian Peanut Butter Dip with Celery

Makes: 5 servings

Ingredients

- 3 tablespoons** peanut butter (creamy)
- 2 tablespoons** apple butter
- 2 tablespoons** milk (skim)
- 1 tablespoon** soy sauce (reduced sodium)
- 1 1/2 teaspoons** lime juice
- 10** celery stalk (cut into fourths)

Directions

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	220 mg	9%

Baja Bean Dip

Makes: 12 Servings

Make fresh bean dip at home. Low-sodium canned tomatoes are ready to use in dips, a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes

Ingredients

- 2 cans** low-sodium tomatoes, drained and chopped (about 15 ounces each)
- 1 can** low-sodium refried beans, no fat (about 15 ounces)
- 1 can** low-sodium corn, drained (about 15 ounces)
- 2 tablespoons** chili powder
- 2 cups** low-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	18 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	420 mg	

Baked Chicken Nuggets

Rating: ★★☆☆

Cook time: 15 minutes

Makes: 4 servings

Ingredients

- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Directions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	8 g	12%
Protein	24 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	2 g	10%
Sodium	180 mg	8%

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Notes

To remove bone from chicken thigh:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

USDA, Center for Nutrition Policy and Promotion (CNPP), Recipes and Tips for Healthy, Thrifty Meals, 2000

Baked Tortilla Chips

Makes: 6 Servings

Ingredients

3 flour tortillas (10-inch, whole wheat)
cooking oil spray
salt (optional)

Directions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Notes

- Corn tortillas may also be used for less calories and fat.

Banaha Bread

Makes: 6 Servings

Yes, it is Banaha and not Banana. Banaha Bread is a delicious cornmeal-based food that is great with any meal.

Ingredients

6 cups water
4 handfuls corn shucks (or 6 corn shucks)
1 teaspoon baking soda
1 teaspoon salt

Directions

1. In a large pot, bring 6 cups of water to a boil over medium to high heat.
2. Boil corn shucks for about 10 minutes. Remove carefully.
3. Strip a few shucks into strings. Tie two strings together to make longer strings.
4. In a medium-sized bowl, mix the dry ingredients.
5. Keep mixing and slowly add a little water until the mixture is firm enough to handle easily.
6. Form cornmeal mixture into 8 oval shaped balls about 3 inches long.
7. Wrap the balls in corn shucks and tie the ends closed with the corn shuck strings.
8. Gently put wrapped balls into the large pot of boiling water. The pot should be about 2/3 full of water. Cover the pot with a lid and cook for 30-45 minutes over medium to high heat.
9. Remove corn shuck covering and serve hot.

Notes



Spice up your bread with peppers, onions, and peas. It can be refrigerated and reheated in a pan or microwave oven.

Banana Berry Muffins

Makes: 12 Servings

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime.

Ingredients

non-stick cooking spray
4 tablespoons applesauce
1/4 cup sugar
2 tablespoons egg mix
2 ripe bananas
2 tablespoons water
1/4 cup all-purpose flour
1/4 cup whole wheat flour
1/4 cup quick cooking oats
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup blueberries or strawberries (fresh or frozen)

Directions

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with non-stick cooking spray. 2. In a medium-size bowl, combine applesauce, sugar, egg mix, banana, and water. Mix well. 3. In a large bowl mix flours, oats, baking powder, baking soda, and salt. 4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until the batter is moist. 5. Gently add berries into the mixture. 6. Fill each muffin cup about 3/4 full of batter. 7. Bake for 25-30 minutes until lightly brown. 8. Cool for 10 minutes and remove from pan.



Banana Bread II

Rating: ★★ ★

Makes: 12 servings

Ingredients

- 3 banana (large, well-ripened)
- 1 egg
- 2 tablespoons vegetable oil
- 1/3 cup milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cups flour

Directions

1. Preheat the oven to 350 degrees.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	136	
Total Fat	3 g	5%
Protein	3 g	
Carbohydrates	25 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	309 mg	13%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1 ounce

8. Let the bread cool for 5 minutes before removing it from the pan.

Notes

The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Banana's Black Bean Burritos

Makes: 6 Servings

"My nickname is Banana. My mom has called me Banana ever since I was a baby because I always ate bananas. Shhh... Don't tell any other kids in Arizona that this is my nickname," says Alexandra. "Kids in Arizona love bean burritos. My version is healthier than you can find in most restaurants. I love mangoes. A good mango is a great food for any day of the year. As a side dish, I would suggest a mango soy smoothie made with frozen bananas."

Ingredients

For the Mango Salsa:

2 ripe mangoes, peeled and chopped

1/2 red onion, chopped

1 tablespoon finely chopped fresh cilantro leaves

1 tablespoon freshly squeezed lime juice

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

For the Black Beans:

2 teaspoons olive oil

1/2 red onion, chopped

3 medium tomatoes, diced

1 1/2 teaspoons ground cumin

1 1/2 teaspoons dried oregano

1 teaspoon salt

2 cans 15-ounces each of black beans, drained and rinsed

6 large romaine lettuce leaves

6 whole-grain tortillas (warm)

1/4 cup shredded low-fat Monterey Jack Cheese



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	325	
Total Fat	7 g	11%
Protein	12 g	
Carbohydrates	52 g	17%
Dietary Fiber	13 g	52%
Saturated Fat	1 g	5%
Sodium	597 mg	25%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1 1/2 cups
Grains	1 1/2 ounces

Directions

To make the mango salsa:

1. In a large bowl, toss together the mango, red onion, cilantro, lime juice, olive oil, salt, and pepper. Set aside.

To make the black beans:

1. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the red onion and sauté until translucent, about 5 minutes.
2. Add the tomatoes, cumin, oregano, and salt. Remove the mixture from the heat and let cool for a few minutes.
3. Transfer the tomato to a blender and pulse until smooth with some lumps.
4. In a medium sauté pan over moderate heat, warm the remaining teaspoon olive oil. Add the beans and the tomato purée and cook until thickened, about 10 minutes.
5. To assemble burritos, arrange 1 large romaine lettuce leaf on top of each tortilla and top with a scoop of the black bean and tomato mixture. Sprinkle with cheese and wrap the burritos with the salsa inside, on top, or on the side of the burrito.

Notes

State: Arizona

Child's Name: Alexandra Nickle, 10

Basic Braised Celery

Makes: 6 Servings

This celery recipe can be served as a side dish or an appetizer.

Ingredients

6 cups celery (cut into pieces about 1 to 2 inches long and wide)

2 tablespoons margarine

1/2 cup low-sodium chicken broth

1/4 teaspoon black pepper

Directions

1. Place celery, margarine, chicken broth, and pepper in a saucepan.
2. Cover and cook over low heat for 20 to 25 minutes, just until celery is crisp but tender. Serve right away.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	4 g	
Protein	1 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	0.5 g	
Sodium	105 mg	

Basic Muffins

Makes: 12 Muffins

Ingredients

1/4 cup oil
1 cup sugar
1 egg
1 1/4 cups applesauce
1 1/2 teaspoons cinnamon
1 teaspoon baking soda
1/4 teaspoon salt
1 cup all-purpose flour
1 cup whole wheat flour
1/2 cup carrots, raisins, and/or walnuts (optional)
1/2 cup milk (optional, only if adding carrots, raisins or walnuts)

Directions

- 1) Preheat oven to 350°F.
- 2) Line muffin tin with paper baking cups or grease bottom of tin with cooking spray.
- 3) Cream margarine and sugar with an electric mixer, or by hand
- 4) Add egg, milk, and applesauce, mixing well.
- 5) Blend in cinnamon, baking soda, salt, and flour.
- 6) Add carrots, raisins, and/or walnuts if desired. If any of

these items are added, also add milk and mix.

7) Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Notes

Tip: Muffins turn out better when mixed by hand.

Batido Smoothie

Prep time: 10 minutes

Makes: 4 Servings

This refreshing smoothie is a blend of papaya, banana, and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.

Ingredients

- 2 cups** papaya chunks (fresh or frozen)
- 2** bananas (overripe, sliced)
- 1 cup** plain low-fat yogurt
- 1 cup** ice cubes

Directions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

Notes

Low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.

Strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	118	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	46 mg	2%

MyPlate Food Groups

Fruits	1 cup
Dairy	1/5 cup

BBQ Chicken Pizza

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 12 minutes

Makes: 12 servings

Ingredients

- 6 English muffins
- 3/4 cup** barbecue sauce
- 1 1/2 cups** chicken (cooked, cut-up)
- 3/4 cup** cheddar cheese (shredded, smoked or regular)
- 1 bell pepper (chopped)

Directions

1. Wash hands and any cooking surface
2. Heat oven to 450°F
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Cut-up bell pepper
5. Spread barbecue sauce on English muffins to within ¼ inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

* Substitutions:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes and chopped onions

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2 g	3%
Protein	9 g	
Carbohydrates	19 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	320 mg	13%

Bean Dip (FDD)

Rating: ★★☆☆

Makes: 6 Servings

Make your own bean dip. Beans are available in dry, canned, and frozen forms and are excellent sources of plant protein.

Ingredients

- 2 cups** canned light red, low-sodium kidney beans (drained, save 1/2 cup of the liquid)
- 1 tablespoon** vinegar
- 3/4 teaspoon** chili powder
- 1/8 teaspoon** ground cumin (if you like)
- 1 tablespoon** onion (chopped)
- 1 cup** low-fat cheddar cheese (grated)

Directions

1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.
2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread.
3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

Notes

Tip: Instead of a blender, you can mix the beans, vinegar, chili powder, and cumin (if using) in a bowl and mash with a fork. After mashing, stir in the onion and cheese. Serve with raw vegetables or low-fat tortilla chips.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	1.5 g	
Protein	10 g	
Carbohydrates	14 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	210 mg	

Bean Enchiladas

Rating: ★★

Makes: 4 servings

Ingredients

3 1/2 cups pinto beans (cooked, or 2-15 ounce low sodium cans)
1/2 cup Monterey Jack cheese (reduced-fat)
1 tablespoon chili powder
8 flour tortillas (6 inch)
 salsa (optional)

Directions

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9"x13" baking dish with non-stick cooking spray
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

Arizona Nutrition Network, Healthy Lifestyles 2003In the Kitchen with Chef Stephanie Green

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	8 g	12%
Protein	22 g	
Carbohydrates	71 g	24%
Dietary Fiber	16 g	64%
Saturated Fat	3 g	15%
Sodium	560 mg	23%

Berries with Banana Cream

Makes: 4 Servings

Ingredients

1/3 cup yogurt, low-fat plain
1/2 banana (ripe)
1 tablespoon fruit juice (orange works well)
2 cups sliced strawberries
1 teaspoon honey
1 dash cinnamon

Directions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Black Bean Soup

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 cup** onion (chopped)
- 3/4 cup** celery (chopped)
- 2 teaspoons** garlic (chopped)
- 1 1/2 cups** beef broth (fat removed)
- 2 cans** black beans (15 oz. each, drained and rinsed)
- 1/2 cup** salsa (thick and chunky)
- 1 1/2 teaspoons** cumin
- 1/2 teaspoon** onion powder
- 1/4 teaspoon** oregano (dried)

Directions

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	1 g	2%
Protein	8 g	
Carbohydrates	27 g	9%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	860 mg	36%

Black Bean Wrap with Jicama-Grilled Corn Salsa

Makes: 10 Servings

“We chose this recipe because the children love bean burritos!” says Taddy’s dad, Ryan. “This version is fun for them to build their wraps from the fresh vegetables we grow in our garden. The beans and quinoa are high in nutrients and protein, and there is a nice balance with the yogurt for dessert.” Taddy likes to serve it with a nonfat Greek-style yogurt parfait that stars fresh pineapple and strawberries.

Ingredients

For the Black Bean Wraps:

1 cup dried black beans

1 tablespoon olive oil

1/2 medium onion, diced

1 medium carrot, diced

1 rib celery, diced

3 cloves garlic

3 cups water

1/2 cup cooked quinoa

Salt and freshly ground black pepper

For the jicama-grilled salsa:

1 cup diced jicama

1 green bell pepper, seeded and diced

1 red bell pepper, seeded and diced

1 jalapeño, seeded and minced

1 cup grilled or boiled corn kernels

1/2 medium red onion, diced, optional

1/4 cup red wine vinegar

2 tablespoons freshly squeezed lime juice

2 cloves garlic, minced

1 tablespoon Dijon mustard

1 teaspoon salt



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	363	
Total Fat	16 g	25%
Protein	9 g	
Carbohydrates	44 g	15%
Dietary Fiber	9 g	36%
Saturated Fat	2 g	10%
Sodium	446 mg	19%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 1/2 ounces

1/2 cup olive oil

To Serve:

whole wheat tortillas

baby spinach

avocado

fresh cilantro

Directions

To make the black bean wraps:

1. Soak the black beans in cold water in the refrigerator overnight. Drain and rinse the soaked beans.
2. In a medium saucepan pan over moderate heat, warm the olive oil. Add the onion, carrot, celery, and garlic and sauté, stirring occasionally, until soft and translucent, about 3 minutes. Add the beans and 3 cups water and bring to a boil. Lower the heat and simmer the beans, stirring occasionally, for 30 minutes. Remove the beans from the heat and cool.
3. Transfer the beans to a food processor and purée until smooth. Transfer to a large bowl, add the cooked quinoa, and stir to combine. Season with salt and pepper

To make the jicama–grilled corn salsa:

1. In a medium bowl, toss together the jicama, green and red bell peppers, jalapeño, corn, and red onion, if using.
2. In a blender combine the vinegar, lime juice, garlic, mustard, salt, and pepper. Blend well then slowly add the olive oil. Drizzle the vinaigrette over the salsa and stir to combine.

To serve:

1. Warm the tortillas in the oven or microwave. Spread 1 tablespoon of the black bean purée down the middle of each tortilla then top with spinach, avocado, salsa, and cilantro. Roll up and enjoy.

Notes

State: Illinois

Child's Name: Taddy Pettit, 10

Blue Corn Pan Bread

Makes: 12 servings

Ingredients

3 cups water
2 cups blue cornmeal (yellow may be used)
1 cup cornmeal (yellow)
3/4 cup raisins
1/2 cup sprouted wheat
1/3 cup brown sugar

Directions

1. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

USDA Food Distribution Program on Indian Reservations, A River of RecipesNative American Recipes Using Commodity Foods

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	39 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	5 mg	0%

Blueberry Muffins

Rating: ★★☆☆

Makes: 12 servings

Ingredients

1/2 cup vegetable oil
1 cup sugar
2 egg
1/2 cup milk, low-fat
1 teaspoon vanilla
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
2 cups blueberries (fresh or frozen)

Directions

1. Preheat the oven to 375 degrees.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	11 g	17%
Protein	4 g	
Carbohydrates	37 g	12%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	200 mg	8%

Bok Choy Wrappers

Rating: ★★ ★

Prep time: 15 minutes

Cook time: 1hour, 15minutes

Makes: 12 Wraps

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

Ingredients

- 1 1/2 cups** Brown rice, long-grain, regular, dry
- 1 3/4 cups** Fresh bok choy, sliced 1/4"
- 1 3/4 cups** Canned pineapple tidbits, in 100% juice
- 3 cups** Cooked chicken strips (12 oz)
- 3/4 cup** Sweet and sour sauce
- 1 teaspoon** low-sodium soy sauce
- 12** Leaves of fresh romaine lettuce, outer leaves

Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	376	
Total Fat	11 g	
Protein	13 g	
Carbohydrates	56 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	377 mg	

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	1 ounce

4. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).

5. Place two lettuce leaves on a plate. Top each with $\frac{3}{4}$ cup filling.

Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

Notes

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

The team used bok choy, a dark-green leafy Chinese cabbage, a new vegetable for most students. They knew that presentation would be the key in getting students to try it.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps
VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani
P

Note: Serving size may be too large for younger children
and they may not be able to easily assemble the wrap.
Filling may also be served over a bed of romaine lettuce

Recipes for Healthy Kids Cookbook for Homes

Bran Muffins

Rating: ★★☆☆

Makes: 30 servings

Ingredients

5 cups flour
2 teaspoons salt
2 teaspoons baking soda
3 cups sugar
8 cups raisin bran (about 15 oz)
4 egg (beaten)
4 cups buttermilk
1 cup oil
 vegetable oil spray (or oil)

Directions

1. Measure flour into 1 gallon container.
2. Add salt, soda, sugar and raisin bran to the flour and mix well with spoon.
3. With a spoon make a "well" in the center of the dry ingredients.
4. In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended.
5. Add milk and oil to eggs. Beat with fork.
6. Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy).
7. Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to 3/4 full.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	298	
Total Fat	9 g	14%
Protein	6 g	
Carbohydrates	52 g	17%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	388 mg	16%

MyPlate Food Groups

Grains	1 1/2 ounces
Dairy	1/4 cup

8. Bake at 425 degrees for 15-20 minutes. After baking the muffins can be frozen for future use.

Ohio State University Cooperative Extension, Quick and Healthy Meals
Tips and Tools for Planning Meals for Your Family
Cuyahoga County

Bread in a Bag

Makes: 12 servings

Ingredients

- 2 cups** flour (all-purpose)
- 1 cup** flour (whole wheat)
- 3 tablespoons** milk (powdered)
- 3 tablespoons** sugar
- 1 teaspoon** salt
- 1 tablespoon** yeast (rapid rise)
- 3 tablespoons** vegetable oil
- 1 cup** water (warm, 120 to 130 degrees F)
- 1** flour (as needed, extra, for kneading)

Directions

1. Combine flour, whole wheat flour, yeast, sugar, salt and powdered milk in a one gallon resealable freezer bag. Squeeze upper part of bag to force out air and seal bag. Shake and work bag with fingers to blend ingredients.
2. Add oil and warm water to dry ingredients. Reseal bag. Mix by working bag with fingers until dough is completely mixed and pulls away from bag.
3. On a floured surface, knead dough 5 minutes or until smooth and elastic, adding flour as needed. Put dough back into bag and let it rest 10 minutes.
4. Shape dough on greased baking sheet or put into a 4 inch x 8 inch greased loaf pan. Cover with a clean cloth or plastic wrap and let rise until doubled in bulk.
5. Preheat oven to 350°F and bake for about 30 minutes or until golden brown. (May take between 25 and 45 minutes to bake).
6. Remove from pan and cool on a wire rack or clean dish

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	27 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	200 mg	8%

towel.

Breakfast Burrito

Rating: ★★

Makes: 4 servings

Ingredients

- 1 1/3 cups** black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4** tortillas, corn
- 2 tablespoons** red onion (chopped)
- 1/2 cup** tomatoes (chopped)
- 1/2 cup** salsa, low-sodium
- 4 tablespoons** yogurt, non-fat plain
- 2 tablespoons** cilantro (chopped)

Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Michigan Department of Community Health, Healthy Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	155	
Total Fat	2 g	3%
Protein	7 g	
Carbohydrates	18 g	9%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	287 mg	12%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 ounce
Protein Foods	1 ounce

Breakfast Parfait

Rating: ★★★★★

Makes: 4 servings

Ingredients

2 cups pineapple, canned and chopped
1 cup berries, frozen (thawed)
1 cup yogurt, low-fat vanilla
1 banana (peeled and sliced)
1/3 cup raisins

Directions

1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

University of Illinois, Extension Service, Recipes to Grow On

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	188	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	44 g	15%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	44 mg	2%

MyPlate Food Groups

Fruits	1 1/2 cups
Dairy	1/4 cup

Breakfast Pumpkin Cookies

Rating: ★★★★★

Makes: 48 servings

Ingredients

1 3/4 cups pumpkin (pureed, cooked)
1 1/2 cups brown sugar
2 egg
1/2 cup vegetable oil
1 1/2 cups flour
1 1/4 cups whole wheat flour
1 tablespoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 cup raisins
1 cup walnuts (chopped)

Directions

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	60 mg	3%

Bring it on Brussels Sprout Wrap!

Makes: 10 Servings

"I have been on a Brussels sprout kick lately so that is the first thing I thought of. And I knew that Brussels sprouts were healthy, so I picked that," says Corbin about his recipe. He recommends combining 2/3 cup of kefir with 1/3 cup pomegranate juice for a delicious drink to accompany the wrap.

Ingredients

2 tablespoons chili powder
1 tablespoon ground cumin
1/2 tablespoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dried oregano
1 teaspoon salt
1 teaspoon freshly ground black pepper
2 tablespoons coconut oil
10 ounces Brussels sprouts, trimmed and finely chopped
1 can organic pinto beans, rinsed and drained (15-ounce)
2 small avocados, pitted
 Juice from 2 limes
2 tablespoons chia seeds
10 whole wheat tortillas

Directions

1. In a medium bowl, stir together the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, and pepper.
2. In a large sauté pan over moderate heat, warm the



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	289	
Total Fat	13 g	20%
Protein	7 g	
Carbohydrates	35 g	12%
Dietary Fiber	9 g	36%
Saturated Fat	3 g	15%
Sodium	455 mg	19%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces

coconut oil. Add the Brussels sprouts and the seasoning mixture and cook until the Brussels sprouts soften and wilt slightly, about 5 minutes. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through, about 3 minutes.

3. In a small bowl, use a fork to mash the avocados and lime juice into a creamy paste. Add the chia seeds and stir to combine.
4. Spread a thin layer of the avocado mixture on each tortilla then top with the Brussels sprout–bean mixture. Roll up the tortillas, tucking the sides in as you roll.

Notes

State: South Carolina

Child's Name: Corbin Jackson, 9

Broiled Tomatoes and Cheese

Makes: 3 servings

Ingredients

3 tomatoes (large, firm)
8 ounces cottage cheese, low-fat
1/2 teaspoon basil (dried)
1/8 teaspoon black pepper
1/4 cup bread crumbs (plain)
 cooking spray (or vegetable oil)

Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123	
Total Fat	2 g	3%
Protein	12 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	381 mg	16%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Dairy	1/4 cup

Bugs on a Log

Rating: ★★★★★

Makes: 1 serving

Ingredients

regular or golden (Raisins)
unsweetened (Whole Grain Cereal)
chopped (Peanuts)
cut in 3" pieces (Celery)
quartered and cored (Apples)
cut in 3" pieces (Carrot Sticks)
low-fat with pineapple (Cream Cheese)
low-fat with pimienta (Cheese)

Directions

Choose one "log" option, top with a spread and sprinkle with a "bug."

*Recipe cost and nutrient analysis are based on using 3" celery piece, 1 tablespoon low-fat cream cheese and pineapple spread and 1/2 tablespoon raisins.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	30	
Total Fat	0.5 g	1%
Protein	1 g	
Carbohydrates	5 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	35 mg	1%

Bulgur Chickpea Salad

Rating: ★★★★★

Makes: 6 servings

Ingredients

1 1/4 cups water
1 cup bulgur (coarse, available in bulk from natural foods stores)
1 teaspoon dried parsley
1 teaspoon minced onion
1 teaspoon soy sauce
1/2 cup scallions (chopped, green onions)
1/2 cup raisins
1/2 cup carrot (chopped)
3/4 cup canned chickpeas (garbanzo beans, drained and rinsed)
2 tablespoons oil
2 tablespoons lemon juice
1 tablespoon soy sauce
1 garlic clove (minced)
 black pepper (to taste)

Directions

1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	33 g	11%
Dietary Fiber	6 g	24%
Saturated Fat	0.5 g	3%
Sodium	320 mg	13%

Butterfly Bite

Cook time: 7 minutes

Makes: 6 servings

Ingredients

3 celery (stalks)
 12 twist pretzels (large)
 6 **tablespoons** creamy peanut butter
 3 **tablespoons** raisins

Directions

1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	0 g	0%
Protein	5 g	
Carbohydrates	13 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	210 mg	9%

Celery with Apricot Blue Cheese Spread

Prep time: 15 minutes

Makes: 4 Servings

Crunchy sweet celery is a versatile snack food, just right for this flavorful spread. Filled with dried fruit and nuts, this enticing and quick low-fat spread can be made ahead or on the spot. You could also serve it on whole grain crackers as an appetizer.

Ingredients

- 2 tablespoons** crumbled blue cheese
- 3 tablespoons** fat-free cream cheese
- 1/2 cup** fat-free yogurt (plain)
- 4** dried apricots
- 4** dried figs or dates
- 1/4 cup** pecans
- 8** stalks celery

Directions

1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth.
3. Stir in chopped, dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	6 g	9%
Protein	6 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	220 mg	9%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 cup
Protein Foods	1/2 ounce
Dairy	1/4 cup

Notes

Tips on how to select, store, and serve celery:

- Choose straight, rigid celery stalks with fresh leaves.
Avoid pithy, woody, or limp stalks
- Refrigerate in a plastic bag for a week or more.
- Add chopped celery stalks and celery leaves to your soups, stews, and casseroles for extra nutrition, flavor, and crunch.
- Add diced celery to your favorite tuna, chicken, egg, or vegetable salad recipe for extra texture.
- Cut-up celery for a flavorful addition to healthy stir-fry dishes.

Chapatis Flatbread

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 cups whole wheat flour
2/3 cup water (warm)
2 teaspoons vegetable oil
1 pinch salt

Directions

1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	149	
Total Fat	2 g	3%
Protein	5 g	
Carbohydrates	29 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	99 mg	4%

MyPlate Food Groups

Grains	2 1/2 ounces
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8. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

University of Illinois, Extension Service, Wellness Ways Resource Book: Taste of the World

Cheesy Bean Dip

Makes: 6 Servings

This Cheesy Bean Dip is sure to please everyone. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates.

Ingredients

1 cup black beans, canned (Drained and rinsed)
1/2 cup great northern white beans, canned (Drained and rinsed)
1/2 cup Red kidney beans, canned (Drained and rinsed)
1/4 cup canned diced tomatoes (No salt added, drained)
2 tablespoons lemon juice
2 teaspoons apple cider vinegar
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon onion powder
1/2 tablespoon garlic powder
1/2 tablespoon chili powder
6 tablespoons parmesan cheese, grated

Directions

1. Puree all ingredients, except cheese, in a food processor until smooth and creamy.
2. Add Parmesan cheese. Pulse to combine.
3. Portion into 3 oz cups.
4. Can be served with vegetable sticks or whole wheat pita chips, or a combination of both.

Notes

This Cheesy Bean Dip is sure to please everyone. It is meant as a side and replacement to the currently

unhealthy cheese dip served at Holt. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates. This dish was created by the team of student listed in the entry over the course of several weeks and taste tested at the school cafeteria. Each recipe was developed by students with limited guidance by the Chef, Teacher and School Nutrition Professional. The team is submitting multiple recipes and the letter from the school principal is for all recipes being submitted. Over 40 students tested the Cheesy Bean Dip and completed written evaluations. Comments from students were positive with quotes saying: "It's Awesome!!!" and "It has great flavors and I loved the texture"

Cherry Pineapple Delight

Rating: ★★ ★

Makes: 12 servings

Ingredients

2 cups water (boiling)
1 package gelatin (8 serving size, cherry, sugar-free)
1/2 teaspoon cinnamon
1 can pineapple chunks (20 oz., in juice, not drained)
1 can mandarin orange (22 oz., in juice, drained)
16 ice cubes (large)

Directions

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.
2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted.
3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).
4. Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl.
5. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	45	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	10 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	50 mg	2%

Chicken Apple Salad Sandwich

Makes: 4 Sandwiches

Ingredients

1/4 pound cooked, shredded chicken
1 cup chopped celery (one stalk)
1/2 cup chopped apple (one apple)
1/3 cup light mayonnaise
1 lemon, juiced
1 package raisins (small box, 1.5 ounces)
8 slices whole wheat bread
1 cup chopped walnuts (optional)

Directions

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.

Suggest serving sandwiches with lettuce and tomato.

Chicken Masala Wrap

Cook time: 20 minutes

Makes: 4 Servings

“My Nani (grandmother) cooks healthy and delicious Indian food for us whenever we visit. (I am Indian-American.) She inspires me to try different flavors, spices, and herbs in the food I eat,” says Emma. “Many of the ingredients found in Indian cooking are very healthy for our bodies, such as garlic, ginger, turmeric, and cumin. Also, Indian cooking uses a lot of vegetables that are good for you, such as tomatoes, onions, and peppers. I don’t like a lot of spice in my food, but I do like a lot of flavor!! My dish is a chicken masala wrap, paired with a refreshing raita and fresh mango slices.”

Ingredients

- 1 sweet potato (peeled)
- 1 **tablespoon** vegetable oil
- 2 red, yellow, green, or orange bell peppers (seeded and sliced, 2 to 3 peppers)
- 1 medium tomato (chopped)
- 1 sweet onion (sliced)
- 1/2 **teaspoon** ginger paste (or 1 teaspoon freshly grated ginger)
- 1/2 **teaspoon** garlic paste (or 1 clove garlic, minced)
- 1/8 **teaspoon** crushed red pepper (or paprika)
- 1/4 **teaspoon** ground cumin
- 1/8 **teaspoon** ground cinnamon
- 1/8 **teaspoon** ground turmeric
- 1 **teaspoon** salt
- 1/4 **teaspoon** freshly ground black pepper
- 1/4 **cup** water
- 4 medium grilled or cooked boneless, skinless chicken breasts (thinly sliced)
- 1 **cup** plain nonfat yogurt
- 1/3 medium cucumber (peeled and grated)
- Fresh mint leaves for garnish (optional)



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	8 g	12%
Protein	21 g	
Carbohydrates	42 g	14%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	415 mg	17%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1 1/2 ounces
Protein Foods	3 ounces
Dairy	1/4 cup

4 whole wheat tortillas (or flatbread, warmed)

Fresh mango slices

Directions

1. In a medium sauté pan over moderate heat, warm the oil. Add the bell peppers, tomato, onion, ginger, garlic, crushed red pepper, cumin, cinnamon, turmeric, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook until slightly tender, about 10 minutes.
2. Add 3 tablespoons water and chicken and continue to cook for several more minutes.
3. In a medium bowl, make the raita by stirring together the yogurt, cucumber, and the remaining 1 tablespoon water. Sprinkle with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper and garnish with fresh mint leaves.
4. To serve: Place lettuce and a scoop of chicken masala mixture in the center of each tortilla or roll. Add a spoonful of the raita to each wrap, or serve it on the side, along with fresh mango slices.

Notes

State: Maryland

Child Name: Emma Scielzo, 10

Chicken Posole

Makes: 6 Servings

Posole is a delicious side dish that can be served with several toppings. It can be eaten by itself, or it can be served with shredded cabbage, sliced radish, or chopped onions.

Ingredients

1 onion, chopped
3 large carrots, chopped
3 celery stalks, chopped
1/2 tablespoon garlic, finely chopped
2 tablespoons vegetable oil
2 cans low-sodium hominy (about 30 ounces)
1 can canned chicken (about 12 ounces)
4 cups water
1 teaspoon cayenne or jalapeño chilies, seeds removed and finely chopped (optional)
1/2 teaspoon chili powder (optional)
1/2 teaspoon oregano (optional)
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

1. In a medium-size pot, brown onion, carrots, celery, and garlic in vegetable oil over medium heat for 10 minutes.
2. Add hominy, chicken, and water. If using cayenne pepper, jalapeño chilies, chili powder, or oregano, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for about 10 minutes.



4. Add salt and pepper. Serve hot.

Chickpea Dip

Makes: 4 servings

Ingredients

- 3 garlic clove
- 1/4 cup yogurt (plain, low-fat)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1 can chickpeas (19oz, drained garbanzo beans)

Directions

1. Put all ingredients into a food processors and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	2.5 g	4%
Protein	8 g	
Carbohydrates	26 g	9%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	190 mg	8%

Chili Bean Dip

Rating: ★★★★★

Makes: 15 servings

Ingredients

- 1 can** pinto beans (16 ounce, or 2 cups cooked dried beans)
- 2 tablespoons** onion (chopped)
- 1 teaspoon** chili powder
- 1/2 cup** cheese (shredded)

Directions

1. Mash beans in a bowl.
2. Add onion and chili powder and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

University of Wisconsin, Cooperative Extension Service, Healthy Snacks

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	105 mg	4%

Chili Popcorn

Rating: ★★★★★

Makes: 4 servings

Ingredients

4 cups popped corn
1 tablespoon margarine (melted)
1 teaspoon chili powder
1 dash garlic powder

Directions

1. Mix popcorn and margarine in a bowl.
2. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
3. Serve immediately and enjoy with family and friends.

USDA, Food and Nutrition Service (FNS), Eat Smart. Play Hard.™

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	60	
Total Fat	3.5 g	5%
Protein	1 g	
Carbohydrates	7 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	35 mg	1%

Chilled Cantaloupe Soup

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)

Directions

1. Wash hands with soap and warm water.
2. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
3. Cover with lid and blend until smooth. Transfer to large bowl.
4. Stir in lime juice, cinnamon, and remaining orange juice.
5. Cover, and refrigerate for at least one hour.
6. Serve chilled.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	16 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	15 mg	1%

Chocolate Chip Yogurt Cookies

Rating: ★★★★★

Makes: 36 servings

Ingredients

- 1/2 cup sugar
- 1/2 cup brown sugar (firmly packed)
- 1/2 cup margarine
- 1/2 cup yogurt (non-fat, plain)
- 1 1/2 teaspoons vanilla
- 3/4 cup flour (all-purpose)
- 1 cup flour (whole wheat)
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips (miniature, or carob chips)

Directions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	3.5 g	5%
Protein	1 g	
Carbohydrates	12 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	50 mg	2%

Chunky Garbanzo Bean Dip

Makes: 8 Servings

Ingredients

- 1 can** garbanzo beans (15 ounces)
- 2 tablespoons** vegetable oil
- 2 tablespoons** chopped onion
- lemon pepper (to taste)
- salt (to taste)

Directions

1. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
2. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.

Notes

Suggest serving with vegetables like carrots, pea pods, and celery.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	96	
Total Fat	3 g	5%
Protein	3 g	
Carbohydrates	11 g	4%
Dietary Fiber	3 g	
Saturated Fat	2 g	10%
Sodium	161 mg	7%

MyPlate Food Groups

Vegetables	1/4 cup
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Cinnamon Sugared Pumpkin Pecan Muffins

Makes: 12 Servings

Ingredients

8 tablespoons sugar (divided)
2 teaspoons cinnamon (divided)
1 cup bran flakes
1 cup skim milk
1 cup flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 cup canned pumpkin
1 egg
1 tablespoon vanilla
1/4 cup finely chopped pecans

Directions

1. Preheat oven to 400 degrees. Spray 12 muffin cups with cooking spray.
2. Combine 2 Tablespoons sugar and 1/2 teaspoon cinnamon in a small bowl; set aside.
3. In a large bowl, combine cereal and milk and set aside for 5 minutes.
4. Combine 6 Tablespoons sugar, 1 1/2 teaspoons cinnamon, flour, baking powder and baking soda in a bowl. Whisk pumpkin, egg and vanilla into cereal.

5. Fold in dry mixture; being careful not to over mix. Spoon into prepared pan and sprinkle with pecans and sugar-cinnamon mixture.

6. Bake for 20-25 minutes or until a toothpick comes out clean.

Cinnamon-Raisin Breakfast Mix

Makes: 10 Servings

Try this quick and easy breakfast mix, made in the microwave. Scoop portions into small bags and serve with yogurt and a banana for a nutritious, on-the-go breakfast!

Ingredients

- 1/4 cup** sugar
- 1 teaspoon** ground cinnamon
- 1/4 cup** margarine, tub-style
- 1 1/2 cups** square, whole-grain corn cereal
- 1 1/2 cups** square, whole-grain rice cereal
- 1 1/2 cups** square, whole-grain wheat cereal
- 1/2 cup** raisins or dried cranberries

Directions

1. In small bowl, mix sugar and cinnamon; set aside.
2. In large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted.
3. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
4. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir.
5. Microwave uncovered 1 minute.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	165	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	210 mg	9%

MyPlate Food Groups

Grains	1/2 ounce
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6. Stir in raisins or dried cranberries. Spread on paper towels to cool.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Citrus Tuna Melt

Makes: 6 Servings

This warm toasted sandwich is easy to make. Our recipe uses one slice of bread per serving. An open-faced sandwich has less sodium and fewer calories.

Ingredients

- 1 can** tuna, drained
- 2 tablespoons** lime or lemon juice
- 1/2 cup** onion, diced
- 1/4 cup** tomatoes, diced (or 2 tablespoons, about 2 ounces, low-sodium diced tomatoes, drained)
- 1/2 cup** apple, diced
- 1/4 cup** celery, diced
- 1/4 teaspoon** black pepper
- 6 slices** whole grain bread (or homemade bread)
- 1/4 cup** fresh parsley or cilantro, chopped (optional)
- 1 tablespoon** cayenne or jalapeño chilies, diced (optional)
- 3 slices** pasteurized process American cheese, cut into halves
- 6 slices** tomatoes
- 6** lettuce leaves

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine tuna, lime juice, onion, tomatoes, apple, celery, and pepper. Mix well.
3. Toast the bread.
4. Place 6 slices of toasted bread on a cookie sheet. Put an even amount of tuna mixture on top of each slice. If using parsley and chilies, add these too.
5. Put 1/2 slice cheese on top of the tuna and bake for



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	191	
Total Fat	4 g	
Protein	21 g	
Carbohydrates	17 g	
Dietary Fiber	4 g	
Saturated Fat	1.5 g	
Sodium	408 mg	

about 3 minutes.

6. Add an extra slice of tomato and lettuce on top if you like.

7. Serve hot.

Confetti Turkey Pocket

Makes: 6 Servings

Ingredients

3/4 cup White whole wheat flour
7/8 cup All-purpose flour, enriched
2 1/2 teaspoons Dry milk, instant, nonfat
1 tablespoon + 2 tsp Sugar, granulated
1 teaspoon Yeast, instant, dry
1 1/3 teaspoons salt
2 2/3 tablespoons Oil, vegetable
1/2 cup water
336 grams Turkey roast, cooked, boneless
Carrots, fresh
Sweet potatoes, fresh
28 grams onion, diced
2 fluid ounces chicken broth
2 tablespoons + 1 tsp Sugar, brown
Butternut Squash, fresh



Directions

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add water to dry ingredients. If dough appears too stiff, add additional water. Water is the variable, more or less can be added as needed.
5. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed.
6. Clean and dice all vegetables 3/8".

7. Place vegetables, broth, sugar and salt in tilt skillet. Cook for 10 minutes or until all liquid has evaporated and forms a sticky base.
8. Add cooked turkey. Set aside and let cool.
9. Roll out dough to 1/4" thickness and cut into 6x8 rectangles weighing approximately 3.5 oz each.
10. Add heaping 1/2 cup of meat mixture onto each rectangle, pulling up corners, pinching to seal.
11. Let raise and bake in convection oven at 350 degree Fahrenheit for 12-14 minutes or until bread is golden brown.

Cookie Cutter Appetizers

Makes: 1 Serving

Ingredients

1 whole wheat tortilla
2 tablespoons cream cheese, low-fat
1/2 teaspoon garlic powder
1 cup chopped vegetables (recommended: broccoli, carrots, red pepper, green onion)

Directions

1. Preheat oven to 350°F.
2. Cut out multiple shapes from 1 whole wheat tortilla using cookie cutters.
3. Spray a cookie sheet with non-stick cooking spray.
4. Place cut out tortilla shapes onto cookie sheet.
5. Bake in oven for 12-15 minutes or until golden brown.
6. While tortillas are baking, mix low-fat cream cheese with garlic powder. Set aside.
7. Wash and chop mixed vegetables.
8. Once tortilla cut outs are finished baking, let cool.

9. Spread the cream cheese mixture onto each cut out shape and decorate with mixed vegetables.

Notes

You will need cookie cutters.

Nutrient analysis and costing use 1/2 cup chopped broccoli.

Corn Bread

Rating: ★★★★★

Makes: 12 servings

Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

Directions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Create-a-Flavor Changes:

Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

Whole Wheat Corn Bread. Use 1/2 cup all purpose flour

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	140 mg	6%

and 1/2 cup whole wheat flour.

Corny Corn Bread. Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

Cheesy Corn Bread. Add 1/2 cup shredded cheddar cheese with the milk.

Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Muffins & More

Corn Toasties

Makes: 18 servings

Ingredients

2 cups cornmeal
1 cup sifted (all-purpose flour)
2 tablespoons sugar
1 1/2 tablespoons baking powder
1/4 teaspoon salt
1/2 teaspoon baking soda
3/4 cup buttermilk (made from 2 teaspoons vinegar + 3/4 cup milk, made from non-fat dry milk powder)
1/4 cup egg mix (dry, mixed with 1/4 cup water)
2 tablespoons vegetable oil

Directions

1. In a large bowl, combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3/4-inch-round cutter.
6. Cook on a warm ungreased griddle or frying pan for about 10 minutes on each side.

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	2 g	3%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	120 mg	5%

Corn Tortillas

Makes: 12 servings

Ingredients

2 cups masa harina (instant)
1/4 teaspoon salt
2 tablespoons unsalted butter (at room temperature)
1 1/2 cups water (warm)

Directions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.

2. Divide the dough into 12 pieces and roll each piece into a ball.

3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.

4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

New Mexico State University Cooperative Extension Service, Cooking with KidsLynn Walters and Jane StaceyUSDA Food and Nutrition Service Food Stamp Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	2.5 g	4%
Protein	2 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	50 mg	2%

Cornmeal Pancakes

Makes: 20 servings

Ingredients

2 cups cornmeal
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon sugar
2 tablespoons margarine or butter
1 cup evaporated milk
1 tablespoon vinegar
1 egg

Directions

1. Measure, place in a bowl and mix cornmeal, baking powder, salt, and sugar.
2. Measure fat (butter or margarine), and add to cornmeal mixture. Bring water to a boil. Measure 1 3/4 cups boiling water, and add to cornmeal mixture. Beat until well mixed.
3. Measure evaporated milk, and pour into a small bowl. Measure vinegar, and stir into evaporated milk. Stir milk and vinegar mixture into cornmeal mixture. Beat to mix well. Beat in egg. Makes batter for 20 medium-size pancakes.
4. Heat griddle or fry pan. (If electric fry pan is used, preheat it to 380 degrees.) Pan is "hot" when a drop of water "dances." Grease pan lightly.
5. Pour batter onto griddle or fry pan. Use about 3 Tablespoons batter for each pancake. A 1/4 cup measure is handy to use for pouring. Stir the batter up from the bottom now and then to keep it well mixed. Cook until top is covered with bubbles and the bottom is brown. Loosen

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	2.5 g	4%
Protein	2 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	200 mg	8%

edges of each pancake all around. Turn pancakes over and brown other side.

USDA Consumer and Marketing Service, Smart Shopper RecipeFood Trades Staff

Cowboy Caviar (Bean Salsa)

Rating: ★★★★★

Prep time: 10 minutes

Makes: 16 Servings

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Directions

- 1) Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
- 2) Add lime juice, oil, salt, and pepper; toss gently to combine.
- 3) Serve by itself or with corn chips.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	87	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	15 g	5%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	194 mg	8%

MyPlate Food Groups

Vegetables	1/2 cup
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Cranberry Nut Bread

Makes: 15 Servings

Ingredients

2 cups flour*
2/3 cup sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
2 teaspoons grated orange peel
3/4 cup orange juice
1/4 cup butter, melted (or margarine)
1 egg (or 2 egg whites)
1 cup chopped cranberries
1/3 cup chopped walnuts
1/3 cup powdered sugar (optional, for glaze)
1 teaspoon water (optional, for glaze)

Directions

1. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup.
3. In a separate bowl, blend orange juice, butter, egg, and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
5. Pour batter into a 9- by 5-inch loaf pan, greased on bottom only.
6. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire rack.
7. Optional: to make glaze, mix powdered sugar and water; add water as needed to make thin glaze. Drizzle over cooled loaf.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	8 g	12%
Protein	3 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	2.5 g	13%
Sodium	190 mg	8%

Notes

*You can substitute 1/2 to 1 cup of the flour with whole wheat flour.

All-purpose flour used for nutrition analysis and costing purposes.

Modification to

Cranberry Pumpkin Muffins

Rating: ★★★★★

Makes: 12 servings

Ingredients

2 cups flour
3/4 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
3/4 teaspoon allspice
1/3 cup vegetable oil
2 egg, large (large)
3/4 cup pumpkin (canned)
2 cups cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	7 g	11%
Protein	3 g	
Carbohydrates	32 g	11%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	230 mg	10%

Notes

Serve with a glass of low-fat milk for a healthy snack.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Cream Style Corn Bread

Makes: 6 Servings

Low-sodium, canned, cream style corn makes this bread moist and tender.

Tip: Our can also serve canned cream style corn heated as a side dish or use in a variety of main dishes, soups, breads, and muffins.

Ingredients

- 1 cup** cornmeal
- 3/4 cup** flour
- 1** small onion (chopped)
- 1 can** low-sodium cream style corn (14 3/4 ounces)
- 1** egg
- 1/2 cup** low-fat milk
- 1/4 cup** oil

Directions

1. Preheat oven to 400 degrees F.
2. Spray a 12-cup muffin pan or a 8x8-inch or 9x9-inch pan with nonstick cooking spray.
3. In medium size bowl, mix together cornmeal, flour, sugar, baking powder, and salt.
4. Add cream style and regular corn, margarine, milk, and eggs. Pour into the flour mixture; stir just enough to blend.
5. Place in pan and bake for 15 to 20 minutes or until a toothpick or fork inserted in the

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	320	
Total Fat	11 g	
Protein	7 g	
Carbohydrates	51 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	110 mg	

Creamy Dill Dip

Rating: ★★★★★

Makes: 16 servings

Ingredients

1 cup sour cream, non-fat
1 cup yogurt, non-fat plain
2 tablespoons dill (dried)

Directions

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes

Serve with cucumber slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	20	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	30 mg	1%

Creamy Vegetable Dip

Makes: 12 Servings

Ingredients

2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

2 tablespoons dried, minced onion

1 tablespoon dried parsley flakes

1/2 teaspoon salt (optional)

1/2 teaspoon dill weed (optional)

Directions

1. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.

2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

Notes

Suggested approximately 6 cups of vegetables for serving including: broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, or sliced cucumber.

Crispy Taquitos

Rating: ★★☆☆

Makes: 4 servings

Ingredients

- 2 cups** Pico de Gallo ([find recipe here](#))
- 1/2 cup** chicken (cooked, finely chopped)
- 1/2 cup** corn (no salt added, canned or frozen, thawed)
- 1/4 cup** green onion (chopped)
- 1/4 cup** bell pepper (green, chopped)
- 1/2 cup** cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)
- 12** corn tortillas
- 2 teaspoons** vegetable oil

Directions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup [Pico de Gallo](#), chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

California Champions for Change, Lunch RecipesCalifornia Department of Public Health, Network for a Healthy California

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	7 g	11%
Protein	15 g	
Carbohydrates	46 g	15%
Dietary Fiber	7 g	28%
Saturated Fat	1.5 g	8%
Sodium	240 mg	10%

Crunchy Berry Parfait

Prep time: 7 minutes

Makes: 1 Parfait

Ingredients

1/2 cup yogurt, non-fat vanilla

1 cup blueberries or strawberries (fresh or frozen thawed)

1/2 cup low-fat granola (or crunchy cereal)

Directions

Spoon yogurt into glass, then top with fruit and granola.

Notes

- Can use fortified soy yogurt
- 1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.
- Frozen berries used for costing.

Crunchy Hawaiian Chicken Wrap

Rating: ★★★★★

Prep time: 20 minutes

Makes: 6 Wraps

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Ingredients

- 1/4 cup** light mayonnaise
- 1/8 cup** white vinegar
- 1/4 cup** sugar
- 1 teaspoon** poppy seeds
- 1 1/2 teaspoons** garlic powder
- 1 1/2 teaspoons** onion powder
- 1 1/2 teaspoons** chili powder
- 2 cups** Fresh broccoli, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1/4 cup** Canned crushed pineapple, in 100% juice, drained
- 1 cup** Fresh baby spinach, chopped
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)
- 6** Whole-wheat tortillas, 10"

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	308	
Total Fat	6 g	
Protein	24 g	
Carbohydrates	42 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	408 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	2 ounces

3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Suggestion

Filling may be made up to one day in advance. Assemble wraps when ready to serve.

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

Recipes for Healthy Kids Cookbook for Homes

Crunchy Vegetable Wraps

Rating: ★★★★★

Makes: 4 servings

Ingredients

4 tablespoons cream cheese, low-fat (whipped)
2 flour tortillas
1/2 teaspoon ranch seasoning mix
1/4 cup broccoli (washed and chopped)
1/4 cup carrot (peeled and grated)
1/4 cup zucchini (washed and cut into small strips)
1/4 cup summer squash (yellow, washed and cut into small strips)
1/2 tomato (diced)
2 tablespoons green bell pepper (seeded and diced)
2 tablespoons chives (chopped fine)

Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	250 mg	10%

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Cucumber Yogurt Dip

Rating: ★★ ★

Makes: 6 servings

Ingredients

2 cups yogurt (plain, low-fat)
2 cucumber (large, peeled, seeded, and grated)
1/2 cup sour cream (non-fat)
1 tablespoon lemon juice
1 tablespoon dill (fresh)
1 garlic clove (chopped)
1 cup cherry tomatoes
1 cup broccoli florets
1 cup carrot (baby)

Directions

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	1.5 g	2%
Protein	6 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	120 mg	5%

Cucumber Yogurt Dip II

Prep time: 7 minutes

Makes: 8 Servings

Ingredients

1 cup yogurt, low-fat plain (softened)
4 ounces cream cheese, low-fat
1 cup cucumber (seeded and diced)
1 clove garlic (chopped small)
salt and lemon pepper, to taste (optional)

Directions

1. Stir yogurt and cream cheese until smooth.
-
3. Rinse the cucumber under running water.
-
4. Slice the cucumber in half the long way and run a spoon down the middle to remove the seeds.
-
5. Chop the cucumber into small pieces.
-
6. Stir the cucumber, chopped garlic and seasonings into the yogurt mixture.

Notes

To quickly soften cream cheese, microwave for approximately 20 seconds.

Curry Vegetable Dip

Rating: ★★ ★

Makes: 16 servings

Ingredients

8 ounces yogurt (plain, low-fat)
1/4 cup carrot (shredded)
2 teaspoons green onion (minced)
1 tablespoon salad dressing (mayonnaise-type)
1 teaspoon sugar
1/4 teaspoon curry powder
1 dash pepper

Directions

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetables pieces, such as celery, carrot, or summer squash sticks.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	60	
Total Fat	2 g	3%
Protein	3 g	
Carbohydrates	7 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	70 mg	3%

Daves Herb-Stuffed Mushrooms

Makes: 4 Servings

Stuffing mushrooms just makes something wonderful even better! But what you stuff in these tasty little vegetables can make or break the dish. Typically, mushrooms are stuffed with foods containing saturated fats and sodium. So, if you're trying to watch one or both of these, consider various herbs and spices - they do a nice job of seasoning many of my favorite foods! Enjoy! - Dave, ChooseMyPlate Nutritionist and Webmaster

Ingredients

8 large mushrooms (approx. 3" in diameter)
 4 **cloves** garlic
 3/4 **cup** white onion
 3 **teaspoons** olive oil
 1/2 **teaspoon** dried parsley
 1/2 **teaspoon** dried sage
 1/2 **teaspoon** dried rosemary
 1/2 **teaspoon** dried thyme
 1/4 **cup** whole-wheat bread crumbs
 1/4 **cup** sun-dried tomatoes (chopped fine)
 3/4 **cup** canned, drained, no-salt added chickpeas (garbanzo beans)
 1 **teaspoon** lemon juice
 cooking spray

Directions

1. Preheat oven to 375 °F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	149	
Total Fat	5 g	8%
Protein	6 g	
Carbohydrates	22 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	199 mg	8%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce

3. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.
4. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on baking sheet.
9. Bake for 15-18 minutes or until the stuffing is golden brown.
10. Remove from oven, sprinkle with an herb of your choice, and enjoy.

Delicious Oven French Fries

Makes: 5 servings

Ingredients

2 pounds potatoes (large)
8 cups water (ice)
1 teaspoon garlic powder
1 teaspoon onion powder
1/4 teaspoon salt
1 teaspoon pepper (white)
1/4 teaspoon allspice
1 teaspoon pepper flakes (hot)
1 tablespoon vegetable oil

Directions

1. Scrub potatoes and cut into 1/2 inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes.
9. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	3 g	5%
Protein	6 g	
Carbohydrates	52 g	17%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	150 mg	6%

occasionally to brown on all sides.

Drop Biscuits (from Better Baking Mix)

Makes: 10 Biscuits

Ingredients

2 cups Better Baking Mix

1/4 cup vegetable oil

3/4 cup water

Directions

1. Preheat oven to 400°F. Lightly grease baking sheet.
2. Add oil and water to the dry mix. Stir just until all ingredients are wet.
3. Drop spoonfuls 4 inches apart on baking sheet.
4. Bake 10-12 minutes until lightly browned.

Notes

Herb biscuits - Add to dry ingredients: 1 teaspoon Italian herb mix.

Cheese biscuits - Add to dry ingredients: 1/3 cup grated sharp cheese.

Fruit scones - Add to the dry ingredients: 1/4 cup sugar, 1/2 cup raisins or dried cranberries, 1 teaspoon cinnamon,

or the grated rind of an orange or lemon. Reduce water to 2/3 cup.

Dutch Apple Yogurt Dessert

Rating: ★★

Makes: 2 servings

Ingredients

1/2 cup yogurt, non-fat vanilla
1/2 cup applesauce, unsweetened
1 tablespoon raisins (seedless)
1/8 teaspoon cinnamon (ground)
1 teaspoon brown sugar
1 tablespoon nuts (as topping or crunchy cereal)

Directions

1. Wash hands thoroughly with warm water and soap.
2. Combine all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or as a dessert.

Arizona Nutrition Network, Fun Food News

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2.5 g	4%
Protein	4 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	50 mg	2%

Eagle Nest

Prep time: 5 minutes

Makes: 1 Serving

Ingredients

2 canned peach halves

2 **tablespoons** cottage cheese, low-fat (1 ounce)

6 raisins

Directions

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 Tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

Notes

Adults: If preparing with children, use a can opener to open peaches. Drain juice and discard sharp edged lid.

Eagle Pizza

Makes: 6 Tostada Pizzas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Ingredients

- 1/2 cup** Fresh spinach, julienne cut "shoestring strips"
- 1/2 cup** Fresh romaine lettuce, julienne cut "shoestring strips"
- 2 1/4 teaspoons** Salt-free chili-lime seasoning blend*
- 1 3/4 cups** Canned low-sodium refried beans, fat-free
- 3/4 cup** Fresh onions, peeled, diced
- 1 1/4 cups** Canned low-sodium corn, drained, rinsed
- 6** Whole-grain tostada shells
- 6 tablespoons** Reduced-fat Mexican cheese blend, shredded (1 1/2 oz)
- 1 cup** Fresh carrots, peeled, shredded
- 1/2 cup** Low-sodium salsa, mild
- 1/2 cup** fat-free sour cream

Directions

1. Preheat oven to 350 °F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	206	
Total Fat	6 g	
Protein	9 g	
Carbohydrates	32 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	290 mg	

MyPlate Food Groups

Vegetables	3/8 cup
Grains	1/2 ounce
Protein Foods	1 1/4 ounces

6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.

7. Remove tostadas from oven. Top each tostada with:
About 1 Tbsp spinach/lettuce mixture. About 2 ½ Tbsp carrots.

About 1 Tbsp salsa. About 1 Tbsp sour cream
Serve immediately.

*If desired, use 2 ¼ tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

½ tsp ground cumin

½ tsp crushed red pepper

½ tsp garlic powder

¼ tsp oregano

½ tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch.

Store in an airtight container.

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

Legume as Meat Alternate: 1 $\frac{1}{4}$ oz equivalent meat alternate, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{2}$ oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{2}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Easiest Banana Ice Cream

Rating: ★★☆☆

Makes: 3 Servings

Ingredients

2 1/2 bananas (can use 2-3 bananas)

3 tablespoons milk

chocolate syrup (optional)

Directions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Alabama Cooperative Extension System.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	23 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	8 mg	0%

MyPlate Food Groups

Fruits	3/4 cup
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Easy Bean Dip & Chips

Makes: 8 Servings

This is really quick and easy. Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip.

Ingredients

- 1 can** low-sodium refried beans (about 16 ounces)
- 1/2 cup** fat-free sour cream
- 8 ounces** baked tortilla chips

Directions

1. Place refried beans in microwave-safe container and cover with a lid.
2. Heat in microwave on high for 45 seconds; stir and heat again until beans are warmed through.
3. Spread the sour cream on top.
4. Serve with tortilla chips.

Notes

Tips: Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip. Try serving with celery sticks and other vegetables.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	2 g	
Protein	7 g	
Carbohydrates	33 g	
Dietary Fiber	4 g	
Saturated Fat	0.5 g	
Sodium	200 mg	

Easy Chicken and Cheese Dip

Makes: 6 Appetizer Servings

Making a dip is easy when you start with canned, boned chicken. A delicious dip to serve with your favorite vegetables.

Ingredients

- 1 can** chicken (drained)
- 2 teaspoons** reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)
- 1 cup** low-fat cheddar cheese (shredded)
- 6 ounces** low-fat, unsalted tortilla chips

Directions

1. Place chicken and taco seasoning in medium-sized skillet; cook over medium heat for 3 to 4 minutes.
2. Put chicken and taco seasoning mixture in a bowl.
3. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture.
4. Serve with tortilla chips.

Notes

Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the chicken and taco mixture while heating.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	6 g	
Protein	21 g	
Carbohydrates	23 g	
Dietary Fiber	2 g	
Saturated Fat	2 g	
Sodium	300 mg	

Easy Fruit Salad

Rating: ★★★★★

Makes: 14 servings

Ingredients

- 1 can** fruit cocktail (16 ounce, drained)
- 2** banana (sliced)
- 2** orange (cut into bite-size pieces)
- 2** apple (cut into bite-size pieces)
- 1** yogurt, low-fat piña colada (8 ounces)

Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

University of California, Cooperative Extension Fresno County, Ea

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	17 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	10 mg	0%

Easy Mango Salsa

Prep time: 10 minutes

Makes: 4 Servings

Ingredients

- 1** mango (peeled and chopped)
- 1/4 cup** chopped green bell pepper
- 1** green onion, chopped
- 1** lime, juiced (1-2 Tablespoons)

Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0 g	0%
Protein	0 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	2 mg	0%

MyPlate Food Groups

Fruits	1/4 cup
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Egg Salad

Rating: ★★☆☆

Makes: 4 servings

Ingredients

- 4 hard boiled eggs (finely chopped)
- 1 **package** pickle relish (2/3 tablespoon)
- 1/2 **teaspoon** salt
- 1 **teaspoon** mustard (wet)
- 1/4 **cup** mayonnaise

Directions

1. Put the eggs in a pan of cold water. Simmer for 20 minutes.
2. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell.
3. Remove the shells from eggs, and chop the eggs finely.
4. Mix all the ingredients together.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	13 g	20%
Protein	3 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	2.5 g	13%
Sodium	440 mg	18%

English Muffin Veggie Pizza

Makes: 4 servings

Ingredients

- 1 cup** broccoli (cooked chopped)
- 4** English muffins
- 1 cup** pizza sauce (or spaghetti sauce)
- 1/2 cup** mozzarella cheese, shredded, part skim
- 3 tablespoons** carrot (shredded)
- 1 teaspoon** Parmesan cheese (grated)

Directions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	40 g	13%
Dietary Fiber	7 g	28%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%

10. Sprinkle each half with 1 teaspoon grated parmesan cheese.

11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Fabulous Fruit Muffins

Rating: ★★☆☆

Makes: 9 servings

Ingredients

1 1/4 cups flour
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup buttermilk, low-fat
2 tablespoons margarine (melted)
1 egg (slightly beaten)
1/2 teaspoon vanilla extract
1 cup frozen strawberries (coarsely chopped, or other fruit, fresh or frozen)

Directions

1. Wash your hands and work area.
2. Heat oven to 400 degrees. Spray muffin tin with non--stick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients (made in step #3).
5. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix).
6. Spoon batter evenly into 9 muffin cups.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	3.5 g	5%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	105 mg	4%

7. Bake 20 to 25 minutes or until golden brown.
8. Serve hot or cold. Muffins may be frozen for later use.

Kansas State University Research and Extension, Fix it Fresh! Recipe Series

Fabulous Homemade Bread

Makes: 12 Servings

Extra loaves can be frozen, and they will still taste as good when thawed.

Ingredients

1/4 cup warm water
1 1/2 teaspoons sugar
1 1/2 packages active dry yeast (1/2 package for each loaf)
2 tablespoons all-purpose flour
2 1/4 cups warm water
5 cups all-purpose flour
1 cup whole wheat flour
1 cup quick cooking oats
1 teaspoon salt
2/3 cup brown (or white) sugar
2/3 cup vegetable oil
 nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix 1/4 cup warm water, sugar, yeast and 2 tablespoons all-purpose flour. Let rise for about 5 minutes.
3. Add 2 1/4 cups warm water, 5 cups all-purpose flour, 1 cup whole wheat flour, oats, salt, brown sugar, and oil and mix well.
4. On a clean and dry flat surface, sprinkle flour and knead dough until it is not sticky. This may take an additional cup



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	147	
Total Fat	4.7 g	
Protein	3 g	
Carbohydrates	23 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	67 mg	

of whole wheat flour.

5. Spray a large bowl with nonstick cooking spray. Place dough in the bowl and cover with plastic wrap. Let rise in a warm place until it has doubled, about 1 hour.

6. Gently knead dough a couple of times. Divide dough evenly and form into 3 oval loaves.

7. Spray three 9-by-5 loaf pans with nonstick cooking spray, and place a loaf in each pan. Allow dough to rise until it reaches the top of the pans.

8. Bake for 25-30 minutes. Do not overbake. Cut each loaf into 12 slices.

Falafel with Yogurt Sandwich

Makes: 4 servings

Ingredients

1 cup dry garbanzo beans (chick peas, sorted and rinsed)
3 cups water
1/4 cup oil
1 garlic (clove, crushed)
1 onion (large, chopped)
1 parsley (sprig, chopped)
1/4 teaspoon salt
2 teaspoons lemon juice
1/3 teaspoon hot pepper sauce
1 cup plain yogurt (low-fat)
1 onion (small, chopped)
4 Pita bread (pockets)
 flour

Directions

1. Put beans and water in large pot and soak by the overnight or [quick-soak method](#).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	420	
Total Fat	16 g	25%
Protein	13 g	
Carbohydrates	56 g	19%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	8%
Sodium	380 mg	16%

Feather Rolls

Makes: 30 Servings

Ingredients

4 cups flour, whole wheat
3/4 cup flour, all-purpose
1 1/4 tablespoons yeast, dry active
1/2 cup non-fat dry milk powder
1 1/2 cups warm water
1/3 cup oil
3 tablespoons sugar (or honey)
2 eggs, large (or 4 egg whites)
1 teaspoon salt

Directions

1. Mix 2 1/2 cups whole wheat flour, dry yeast, and non-fat dry milk in large mixer bowl. Add water, oil, and sugar (or honey). Mix well 1 to 2 minutes.
2. Turn off mixer, cover and let dough "sponge" for 10 minutes.
3. Add eggs and salt. Turn on mixer. Add remaining flour, 1 cup at a time, until dough begins to clean the sides of the bowl.
4. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads.
5. Dough may be used immediately or covered and stored in the refrigerator for several days.
6. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light.
7. Bake at 350°F for 18 to 20 minutes. Do not over bake.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	90 mg	4%

Fiesta Hummus

Rating: ★★★★★

Makes: 6 servings

Ingredients

1 can garbanzo beans
1/2 teaspoon cumin
1/4 teaspoon salt
1 dash cayenne pepper
2 garlic clove (minced)
1/2 cup yogurt (plain, non-fat)
1 tablespoon lime juice
1 tablespoon sesame oil
1 jalapeno pepper (finely chopped)
2 tablespoons cilantro (chopped)

Directions

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	4 g	6%
Protein	5 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	310 mg	13%

Fiesta Lettuce Wraps and Pepper Boats

Prep time: 45 minutes

Makes: 4 Servings

Using bell peppers and lettuce for wraps is a fun way to increase vegetables on the plate. Lettuce leaves and mini peppers are perfect for a build-your-own Southwestern meal or as appetizers.

Ingredients

6 sweet, mini bell peppers

8 lettuce leaves

1 cup instant brown rice (dry)

1 pound tilapia filets, fresh or frozen (thawed)

2 teaspoons Southwest chipotle seasoning (no sodium)

2 tablespoons canola oil (divided)

1/4 teaspoon salt

2 limes (divided)

1/4 cup reduced-fat sour cream

Directions

1. Slice peppers in half vertically. Arrange lettuce and 8 pepper halves on a serving platter.

2. Cook brown rice according to package directions.

3. To make salsa fresca, dice remaining pepper halves, tomato, and onion; mix with corn, garlic, and jalapeño pepper, and ¼ tsp salt.

4. Sprinkle both sides of tilapia filets with Southwest chipotle seasoning.

5. Heat 1½ tbsp canola oil in a large nonstick skillet over

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	350	
Total Fat	12 g	18%
Protein	28 g	
Carbohydrates	34 g	11%
Dietary Fiber	7 g	28%
Saturated Fat	2.5 g	13%
Sodium	370 mg	15%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 1/2 cups
Grains	1/2 ounce
Protein Foods	2 1/2 ounces

medium-high heat. Add fish to pan, and cook for 3 minutes on each side (cook fish until it is opaque, 145 °F). Flake with a fork and place in a serving dish.

6. When rice is done, stir in remaining ½ tbsp oil, juice from one lime, and ¼ tsp salt. Cut remaining lime into wedges.

7. To serve, set out pepper-lettuce platter, rice, fish, salsa fresca, sour cream, and lime, and let diners build their own boats and wraps

Notes

Serve with an 8 oz glass of fat-free (skim) milk. Substitute brown rice with another quick cooking grain, such as whole-wheat couscous if desired.

Fiesta Mix

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 cup cereal with fruit
1 cup bran cereal (chex type)
1 cup cereal ("O" type)
1/4 cup raisins
1/4 cup peanuts
1/4 cup shredded coconut

Directions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	9 g	14%
Protein	5 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	16%
Saturated Fat	4 g	20%
Sodium	150 mg	6%

Fiesta Rice Salad

Rating: ★★☆☆

Makes: 4 servings

Ingredients

- 1 **cup** brown rice (cooked)
- 1 carrot (shredded)
- 1 **cup** broccoli (chopped fine)
- 1 red onion (small, chopped)
- 1 **cup** tomato (chopped)
- 1 bell pepper (sweet, green, red, yellow)
- 1 **can** kidney beans (15oz, drained, rinsed)
- 2 **tablespoons** cilantro (or other fresh herbs) (chopped fine)
- 2 **tablespoons** red wine vinegar (or white or cider)
- 1 **tablespoon** vegetable oil
- salt and pepper (to taste, optional)

Directions

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy!

Notes

Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.

Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	9 g	14%
Protein	5 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	16%
Saturated Fat	4 g	20%
Sodium	150 mg	6%

Use low calorie salad dressing and leave out the vinegar and oil.

Try a squeeze of lemon or lime juice in place of vinegar!

Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Fiesta Wrap

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Wraps

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

Ingredients

- 1/4 cup** Quinoa, dry
- 2 1/4 cups** Canned low-sodium black beans, drained, rinsed
- 1/4 cup** Fresh red bell pepper, seeded, diced
- 1/4 cup** Fresh red onions, peeled, diced
- 1/2 cup** Fresh carrots, peeled, diced
- 1/4 cup** Reduced-fat white cheddar cheese, shredded (1 oz)
- 1 teaspoon** chili powder
- 1 1/4 teaspoons** ground cumin
- 1 1/4 teaspoons** Fresh lime juice
- 6** Whole-wheat tortillas, 6"
- 1 tablespoon** vegetable oil

Directions

1. Preheat oven to 325 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	5 g	
Protein	7 g	
Carbohydrates	27 g	
Dietary Fiber	5 g	
Saturated Fat	0.63 g	
Sodium	364 mg	

MyPlate Food Groups

Grains	1 ounce
Protein Foods	1 ounce

3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot. If desired, serve with fresh diced tomatoes, corn salsa, and/or lettuce.

Notes

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs Move to Schools program or Farm to School pilot program and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

Charter Oak International Academy

West Hartford, Connecticut

School Team Members

School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)

Chef: Hunter Morton (Executive Chef, Max's Downtown Restaurant)

Community Member: Alicia Brown (Parent)

Students: Cole C., Sasha W., Remie H., Noa B., and

Niranda M.

1 wrap provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable and 1 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Flour Tortillas

Makes: 10 servings

Ingredients

2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
1 teaspoon baking powder
1/2 teaspoon salt
2 tablespoons vegetable oil (or shortening)
3/4 cup water (warm, 105-110 degrees F)

Directions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	3 g	5%
Protein	3 g	
Carbohydrates	19 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

Food Group Funny Face

Rating: ★★★★★

Makes: 1 serving

Ingredients

- 1 tablespoon** peanut butter
- 1** graham cracker (large, or use whole grain or saltine crackers)
- 1 tablespoon** cheddar cheese (shredded)
- 3** raisins
- 2** peas (large green)
- 1** grape (cut in half)

Directions

1. Spread peanut butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Notes

This snack is intended for children over age two. Do not serve to younger children who may choke.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	12 g	18%
Protein	7 g	
Carbohydrates	16 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	3 g	15%
Sodium	203 mg	8%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1/2 ounce
Protein Foods	1 ounce
Dairy	1/4 cup

Fresh Corn Salsa

Makes: 6 Servings

Fresh corn is the main ingredient in this salsa. Use salsa as a dip for tortilla chips or as a topping for fish, poultry, or meat.

Ingredients

4 ears fresh corn (kernels removed)
1 cup green pepper (chopped)
1/2 cup red onion (chopped)
2 tomatoes (chopped)
2 cloves garlic (chopped)
2 tablespoons lemon juice or vinegar
1/2 teaspoon black pepper
1/4 teaspoon salt

Directions

1. Combine all ingredients in a large bowl.
2. Refrigerate for at least 1 hour before serving.

Notes

Tip: This salsa can be used as a dip for tortilla chips or as a topping for fish, poultry, or meat.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0.5 g	
Protein	2 g	
Carbohydrates	15 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	110 mg	

Fresh Fruit with Cinnamon Yogurt Dip

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 apple
1 orange
1/4 cup orange juice
1 cup vanilla yogurt
1/2 teaspoon cinnamon

Directions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	19 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	41 mg	2%

MyPlate Food Groups

Fruits	1/2 cup
Dairy	1/4 cup

Try making this with other favorite fruits.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Fresh Tomato Salsa

Makes: 6 Servings

Fresh salsa is a refreshing, cool addition to a meal or snack. Try something new by adding it to salads, baked fish, and tacos.

Ingredients

1 cup tomatoes, finely chopped (or 1/2 can, about 8 ounces, low-sodium diced tomatoes)
1/2 cup apple, peeled and finely chopped
1/4 cup onion, finely chopped
2 tablespoons lime or lemon juice
1 teaspoon garlic, finely chopped
1/2 teaspoon vegetable oil
1/4 teaspoon salt
1 teaspoon fresh parsley or cilantro, chopped (optional)
1 tablespoon cayenne pepper or jalapeño chilies, chopped (optional)

Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well. 2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well. 3. Cover bowl and refrigerate for 15 minutes. Serve cold.



Frozen Banana Pop

Makes: 4 Servings

Ingredients

2 bananas, ripe

2 tablespoons orange juice (or lemon juice)

Other Necessary Tools/Equipment

4 craft sticks

foil

Directions

1. Peel each banana and cut in half (width-wise).
2. Insert craft stick into bottom of each banana half. Dip each banana half into juice.
3. Wrap in foil and freeze for two or more hours.

Notes

Optional Toppings: Dip in chocolate, then roll in chopped nuts, crushed cereal, shredded coconut or sprinkles.

Frozen Fruit Cups

Rating: ★★ ★

Makes: 18 servings

Ingredients

- 3 banana
- 3 cartons yogurt, non-fat strawberry (8 ounce)
- 1 1/4 cups strawberries, frozen (thawed and undrained)
- 1 cup crushed pineapple (undrained, canned)

Directions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	65	
Total Fat	0 g	
Protein	2 g	
Carbohydrates	15 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	
Sodium	23 mg	1%

MyPlate Food Groups

Fruits	1/4 cup
Dairy	1/4 cup

Frozen Fruit Pops

Makes: 4 servings

Ingredients

8 ounces crushed pineapple
1 cup yogurt, low-fat fruit (8 ounces)
6 ounces orange juice, frozen concentrate (thawed)

Directions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	176	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	40 g	13%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	
Sodium	38 mg	2%

MyPlate Food Groups

Fruits	1 cup
Dairy	1/4 cup

Fruit and Peanut Butter Dip

Makes: 6 Servings

Ingredients

1 cup apple slices
1 cup banana slices
1 cup pear slices
1 cup grapes
1 cup strawberries
1 cup melon slices
1/2 cup yogurt, non-fat plain
1/2 teaspoon vanilla
1/3 cup peanut butter

Directions

1. Prepare fruit by washing and slicing if necessary.
2. Arrange fruit on a plate around a small bowl.
3. To make dip, combine yogurt, vanilla and peanut butter in a small bowl.
4. Mix well.
5. Chill dip in refrigerator until ready to serve.

Notes

Can use six cups of any washed fruit.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	179	
Total Fat	8 g	12%
Protein	5 g	
Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	83 mg	3%

MyPlate Food Groups

Fruits	1 cup
Protein Foods	1 1/2 ounces

Fruit and Yogurt Breakfast Shake

Rating: ★★★★★

Makes: 2 servings

Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cup** pineapple juice
- 1/2 cup** yogurt, low-fat vanilla
- 1/2 cup** strawberries (remove stems and rinse)

Directions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

University of Illinois, Extension Service, Recipes to Grow On

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	166	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	37 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	43 mg	2%

MyPlate Food Groups

Fruits	1 cup
Dairy	1/4 cup

Fruit Compote

Rating: ★★

Makes: 5 servings

Ingredients

- 1 can pineapple chunks (8 ounces)
- 1 1/2 cups orange juice
- 1 tablespoon cornstarch
- 1 banana (medium, peeled and sliced)
- 1 pear (sliced in cubes)
- 2 peaches (sliced in cubes)

Directions

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

Notes

You can serve this compote in serving dishes, or over frozen yogurt or waffles.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123	
Total Fat	0 g	
Protein	2 g	
Carbohydrates	31 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	
Sodium	3 mg	0%

MyPlate Food Groups

Fruits	1 1/4 cups
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Fruit Dip

Rating: ★★★★★

Cook time: 15 minutes

Makes: 4 servings

Ingredients

- 8 ounces** yogurt, low-fat vanilla
- 1 fluid ounce** orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon** lime juice
- 1/2 tablespoon** brown sugar
- 2** apple (red, cored and sliced)
- 1** pear (cored and sliced)
- 1** peach (pitted and sliced)

Directions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	143	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	
Sodium	40 mg	2%

MyPlate Food Groups

Fruits	1 1/4 cups
Dairy	1/4 cup

Fruit Dippers

Makes: 4 servings

Ingredients

1/2 cup yogurt, low-fat vanilla
1/8 cup peanuts (chopped)
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

Directions

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	85	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	
Sodium	20 mg	1%

MyPlate Food Groups

Fruits	1/2 cup
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Fruit Juice Slush

Rating: ★★★★★

Makes: 6 servings

Ingredients

12 ounces fruit juice concentrate (100%)

12 ounces water

3 cups ice

Directions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Serve.

Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education Food Skills CookbookFood Stamps Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	113	
Total Fat	0 g	
Protein	2 g	
Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	
Sodium	4 mg	0%

MyPlate Food Groups

Fruits	1 cup
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Fruit Kabob

Prep time: 15 minutes

Makes: 8 Servings

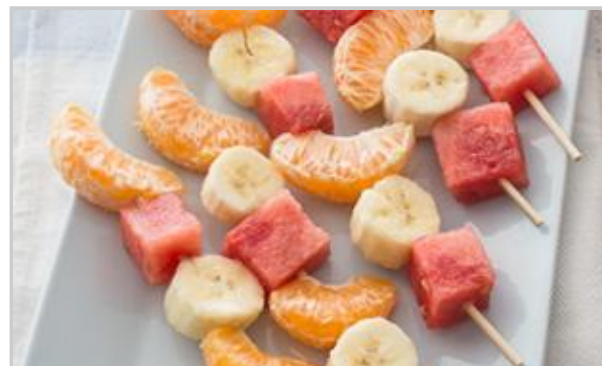
Try this creative and easy way to enjoy your favorite fruit. Make and serve these fun fruit skewers as a dessert or snack.

Ingredients

- 1 1/2 cups** ripe banana slices (about 16 slices)
- 1 1/2 cups** watermelon cubes (about 16 cubes)
- 1 cup** clementine sections (about 16 sections)

Directions

1. Thread the fruit onto the skewers, alternating and arranging it however you like.
2. Serve right away.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	84	
Total Fat	0 g	0%
Protein	0 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	0 mg	0%

MyPlate Food Groups

Fruits	1 cup
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Fruit Kabobs with Yogurt Dip

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 cup** watermelon (chunks)
- 1 cup** pineapple (chunks)
- 1 cup** grapes, red seedless
- 1 cup** strawberries (stemmed)
- 2** kiwi (peeled and cut in quarters)
- 8** bamboo skewers (6 inches long)
- 1 cup** yogurt, light strawberry

Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Food and Health Communications, Inc, Cooking Demo II

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	78	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	18 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	
Sodium	19 mg	1%

MyPlate Food Groups

Fruits	1/2 cup
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Fruit Milk Shakes

Rating: ★★ ★

Makes: 2 servings

Ingredients

1 cup milk (or water)
1/2 cup non-fat dry milk
2 banana (ripe, or 1/3 cup orange juice concentrate)
1 teaspoon vanilla
10 large ice cubes

Directions

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	0.5 g	1%
Protein	12 g	
Carbohydrates	43 g	14%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

Fruit Pizza To Go

Makes: 1 Serving

Ingredients

- 1 English muffin
- 2 **tablespoons** whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 **slices** canned mandarin oranges

Directions

1. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
2. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Notes

This recipe can be made with any flavor of cream cheese and any fruit you like.

Fruit Salsa

Rating: ★★ ★

Makes: 4 servings

Ingredients

1 cup strawberries (diced)
1 banana (diced)
1 kiwi (peeled and diced)
1 apple (cored and diced)
2 tablespoons lemon juice
1/4 cup sugar
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon

Directions

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	31 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	3 mg	0%

MyPlate Food Groups

Fruits	1 cup
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Fruit Slush

Rating: ★★★★★

Makes: 4 servings

Ingredients

2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)

1 2/3 cups kiwi (coarsely chopped, optional)

2 tablespoons sugar

2 tablespoons lime juice

2 cups water
ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	60	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	24 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	24 mg	1%

MyPlate Food Groups

Fruits	1 cup
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Fruit Smoothie II

Prep time: 5 minutes

Makes: 4 Servings

Ingredients

3 cups strawberries, frozen (or other frozen fruit)

2 cups milk, low-fat

1 banana, large

1 cup yogurt (plain or vanilla)

Directions

- 1) Defrost the frozen fruit just enough so that it will blend easily.
- 2) Pour the milk into the blender.
- 3) Add the pieces of frozen fruit to the milk in the blender.
- 4) Add the banana and yogurt.
- 5) Blend until smooth, about 30-45 seconds.

Notes

- Strawberries, 1% milk, and low-fat vanilla yogurt used in nutrition analysis and costing.

Fruit Snake

Prep time: 5 minutes

Makes: 2 Servings

Ingredients

2 bananas (small)

4 raisins

Directions

1. Wash hands; get out ingredients and utensils.
2. Peel banana and use butter knife to cut banana in half lengthwise.
3. Place 2 banana halves on small plate end to end, in an "s" shape.
4. Add raisins to the top of banana as eyes.
5. Enjoy your Fruit Snake.

Fruit Yogurt Parfait

Rating: ★★★★★

Makes: 1 serving

Ingredients

1/2 cup yogurt, fruit-flavored

1/2 banana (medium)

1/2 cup grape

1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	371	
Total Fat	1 g	2%
Protein	11 g	
Carbohydrates	86 g	29%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	
Sodium	223 mg	9%

MyPlate Food Groups

Fruits	1 1/4 cups
Grains	1 ounce
Dairy	1/2 cup

Fruit Yogurt Parfait

Makes: 2 Servings

Use whole grain cereals to help you make half your grains whole. This recipe calls for sprinkling whole grain wheat square cereal on top of yogurt parfait.

Ingredients

1/4 cup wheat squares cereal

1/2 cup grapes

1/2 cup banana

1/2 cup yogurt (any flavor)

Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	6 g	
Protein	11 g	
Carbohydrates	68 g	
Dietary Fiber	7 g	
Saturated Fat	1 g	
Sodium	75 mg	

Fruit Yogurt Pops

Makes: 14 servings

Ingredients

- 1 yogurt, pina colada (8 ounces)
- 2 **1/2 cups** strawberries (sliced frozen, thawed)

Directions

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

University of California, Cooperative Extension Fresno County, Eas

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	30	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	7 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	11 mg	0%

MyPlate Food Groups

Fruits	1/4 cup
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Fruity Thai Pita Pockets

Prep time: 15 minutes

Makes: 4 Servings

Bored with the same old sandwich at lunch? Liven up packed lunches with this Thai-influenced pita pocket: a surprising blend of fruits, spinach and peanut sauce tucked in a very portable pita pocket.

Ingredients

- 1 can** tropical fruit salad in 100% juice (15 ounces)
- 4** whole-grain pita pockets
- 4 cups** fresh spinach (torn)
- 1/4 cup** fresh cilantro (optional)
- For the Spread:
- 3 tablespoons** reserved juice from tropical fruit salad
- 1/2 cup** natural peanut butter, crunchy or chunky
- 3 tablespoons** fat-free cream cheese
- 1 tablespoon** low-sodium soy sauce

Directions

1. In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice.
2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
4. Add sauce and toss.
5. Slice a small portion off each pita. Tuck the slice inside the bottom of the pita.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	370	
Total Fat	17 g	26%
Protein	13 g	
Carbohydrates	42 g	14%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	550 mg	23%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1 cup
Grains	1 ounce
Protein Foods	2 ounces

6. Fill each pita pocket with the fruit-spinach mixture.
7. Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

Notes

Time-saving idea: Purchase pre-opened pita pockets

Produce for Better Health Foundation

Garden Pan Bread

Makes: 4 Servings

The bananas make this bread moist and add extra flavor. Serve with a salad or main dish, or eat anytime.

Ingredients

1/2 cup cornmeal
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
 2 ripe bananas
1/2 cup water
1 tablespoon egg mix
1/4 cup raisins
1/4 cup walnuts, chopped
 non-stick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-sized bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18-20 minutes or until bread is golden brown



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	268	
Total Fat	6.5 g	
Protein	7 g	
Carbohydrates	48 g	
Dietary Fiber	4 g	
Saturated Fat	0.8 g	
Sodium	261 mg	

and pulls away from the edges. A wooden toothpick or clean fork inserted into the center of the bread should come out clean.

8. Cut into four equal slices and serve hot or cold.

Garden Pasta Salad

Makes: 6 Servings

Pasta salad is a cool and delightful addition to lunch or dinner. It goes with a soup or a sandwich.

Ingredients

1/2 cup macaroni, cooked
1/4 cup onion, finely chopped
1/2 cup cucumber, finely chopped
1/4 cup green pepper, diced
1 tablespoon vinegar
1/2 tablespoon vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon parsley, chopped (optional)

Directions

1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well. 2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that too. 3. Pour the prepared dressing over the pasta. Mix well. 4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	34	
Total Fat	1.3 g	
Protein	1 g	
Carbohydrates	5 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	98 mg	

Ginger Bread Mix

Rating: ★★☆☆

Makes: 10 servings

Ingredients

8 cups flour (white)
1 1/2 cups sugar
1 tablespoon baking soda
3 tablespoons ginger
3 tablespoons cinnamon
1 teaspoon cloves
1 teaspoon salt

Directions

1. Combine all ingredients in a large bowl. Mix well.
2. Store mix in a covered jar until ready to use.

Notes

Use this mix in the following recipes:

- [Ginger Orange Muffins](#)

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	490	
Total Fat	1 g	2%
Protein	11 g	
Carbohydrates	110 g	37%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	610 mg	25%

Ginger Orange Muffins

Rating: ★★ ★

Makes: 12 servings

Ingredients

2 cups Gingerbread Mix (Go to this recipe)
1 cup bran cereal
1 egg (slightly beaten)
1/2 cup milk, 1%
1/4 cup orange juice concentrate
1/4 cup molasses
1/4 cup vegetable oil
1 teaspoon orange peel (grated)
1/4 cup raisins (optional)

Directions

1. Preheat oven to 350 degrees.
2. Combine the [Ginger Bread Mix](#) (see other recipe in this database) and bran cereal in a bowl.
3. Beat the egg slightly in another bowl.
4. Add the egg and other ingredients to the gingerbread and cereal mixture.
5. Stir only until combined. Let stand for 15 minutes.
6. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full.
7. Bake 15-20 minutes or until done in the center.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	32 g	11%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	NA	

Granola Bars

Rating: ★★★★★

Makes: 24 servings

Ingredients

1 cup honey
1 cup peanut butter
3 1/2 cups rolled oats
1/2 cup raisins
1/2 cup carrot (grated)
1/2 cup coconut

Directions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	5 mg	0%

Grape and Cashew Salad Sandwich

Prep time: 15 minutes

Makes: 4 Servings

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Ingredients

- 1 cup** low-fat cottage cheese
- 1 1/2 cups** red grapes (quartered)
- 1** celery stalk (chopped)
- Ground black pepper to taste
- 3/4 cup** dry roasted cashews (unsalted, coarsely chopped)
- 2 tablespoons** fresh parsley (chopped)
- 8** lettuce leaves
- 8 slices** whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread 1/4 salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	16 g	25%
Protein	19 g	
Carbohydrates	45 g	15%
Dietary Fiber	6 g	24%
Saturated Fat	3.5 g	18%
Sodium	430 mg	18%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	2 ounces
Dairy	1/4 cup

Notes

Serving Suggestions: Serve with a side of raw baby carrots and 1 cup of sparkling water with a lemon wedge.

Green Bean and Rice Casserole

Rating: ★★ ★

Makes: 6 Servings

This no-fuss side dish is a great addition to any meal and can be prepared in a flash.

Ingredients

1/2 cup onion (chopped)
2 teaspoons vegetable oil
1/2 cup rice (uncooked)
1 can low-sodium green beans (drained, about 15 ounces)
1 can low-sodium tomatoes (diced, about 15 ounces)
1 cup water

Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Adapted from a recipe by Healthy Diabetes Recipes and More, South Dakota Diabetes Control Program.



Grilled Fruit

Makes: 3 Servings

Ingredients

1 cup pineapple chunks

1 peach (cubed)

1 banana (sliced)

Directions

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

Notes

If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

Grilled Steak and Peppers Salad with Pears

Prep time: 30 minutes

Makes: 4 Servings

Grill whole bell peppers along with steak, then add pear slices, and you have the foundation of a delicious and colorful Italian-influenced salad.

Ingredients

2 cups (4 oz) whole-wheat rotini pasta (uncooked)
1 yellow bell pepper
1 red bell pepper
1/2 teaspoon olive oil
12 ounces boneless choice beef top sirloin
2 pears
3 cups arugula
1/4 cup crumbled Gorgonzola cheese

For Vinaigrette

1 tablespoon olive oil
3 tablespoons distilled vinegar
1/4 cup 100% white grape juice or apple juice
1/4 teaspoon salt (optional)
1 tablespoon Italian herb blend, salt-free

Directions

1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend.
2. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water.
3. Heat grill, rub peppers with 1/2 tsp olive oil. Grill whole



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	12 g	18%
Protein	27 g	
Carbohydrates	44 g	15%
Dietary Fiber	7 g	28%
Saturated Fat	4 g	20%
Sodium	330 mg	14%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	3/4 cup
Grains	1 ounce
Protein Foods	2 ounces
Dairy	1/4 cup

peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly.

4. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges.

5. Toss arugula and pasta in large bowl.

6. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Notes

Serving Suggestions: Serve with a glass of non-fat milk.

Produce for Better Health Foundation

Grilled Vegetable Packets

Makes: 5 servings

Ingredients

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green, seeded and sliced)
- 1/4 cup Italian salad dressing, light
- 1 salt and pepper (optional, to taste)

Directions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

Notes

Try different vegetables- Tomatoes, green beans, sweet

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	3 g	5%
Protein	5 g	
Carbohydrates	30 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	130 mg	5%

potatoes, mushrooms, broccoli, carrots, corn or your favorites.

Use herbs or spices in place of dressing-Chili power, Italian or oriental seasoning, basil, oregano, curry powder-be creative!

Grilled Vegetables

Makes: 6 servings

Ingredients

- 2 tablespoons** vegetable oil
- 2** garlic clove (finely chopped)
- 3** sweet potatoes (cut into 1-inch slices)
- 3** corn cobs (cut into 2-inch sections)
- 1** eggplant (cut into 1/2-inch slices)
- 12** green onion (trimmed)

Directions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	36 g	12%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

Hawaiian Turkey Sliders with Mango-Pineapple Salsa

Rating: ★★★★★

Makes: 12 Servings

“My family has to be creative when it comes to preparing tasty and healthy food. I have celiac disease, and one of my sisters is allergic to eggs, dairy, nuts, and more!” says Goldie. “I wanted to make a dish that used ingredients from Hawaii because the President was born there and the Obamas like to visit there. My dad doesn’t like red meat, so we use ground turkey instead. Served with a smoothie, this ‘burger and shake’ lunch fits perfectly within the MyPlate guidelines.”

Ingredients

For the mango-pineapple salsa:

- 1 ripe mango, peeled and diced
- 1 **cup** diced fresh (or canned in own juice) pineapple
- 1 small jalapeños, finely diced (optional)
- 3 **tablespoons** diced Bermuda or Vidalia onion
- 1 medium lime, juiced
- Pinch of sea salt
- freshly ground black pepper

For the Hawaiian turkey sliders:

- 2 **pounds** ground turkey
- 1 **clove** garlic, peeled and crushed
- 3 **tablespoons** ketchup
- 1 **tablespoon** extra-virgin olive oil
- 1 **tablespoon** gluten-free soy sauce
- 1 **tablespoon** dried cilantro
- 1 **teaspoon** onion powder
- 1/2 **teaspoon** dried oregano
- salt
- 1/4 **teaspoon** freshly ground black pepper
- 12 romaine or Bibb lettuce leaves
- 12 gluten-free rolls or whole-grain dinner rolls



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	194	
Total Fat	4 g	6%
Protein	22 g	
Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	401 mg	17%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup
Grains	1 1/2 ounces
Protein Foods	2 ounces

Directions

Make the mango-pineapple salsa:

1. In medium, non-metallic bowl, stir together the mango, pineapple, jalapeños, onion, lime juice, salt, and pepper. 2. Cover and chill in the refrigerator until ready to use. (The salsa is best when made several hours to one day in advance.)

Make the Hawaiian turkey sliders:

1. In a large bowl, combine the turkey, garlic, ketchup, olive oil, soy sauce, cilantro, onion powder, oregano, salt, and pepper. Gently mix the ingredients until they are thoroughly combined.

2. Divide the mixture into 12 equal parts and shape each one into a ball that is slightly smaller than a tennis ball. Using the palm of your hand, gently flatten each into a patty.

3. Heat a grill or barbecue to medium-high heat. Grill the turkey sliders until cooked through, about 5 minutes per side.

4. Place one lettuce leaf on the bottom of each roll. Serve the sliders on the rolls, topped with a dollop of mango-pineapple salsa.

Notes

State: New Jersey

Child's Name: Goldie Siegel, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Hiding Rabbits

Makes: 2 Servings

Ingredients

2 celery stalks
2 small cauliflower florets
2 **tablespoons** peanut butter

Directions

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Place on piece of celery in center of place with the center facing up.
4. Use butter knife to spread peanut butter on top edges.
5. Place second piece of celery on top, forming a log.
6. Place cauliflower florets on ends of log, securing with remaining peanut butter.
7. Enjoy your Hiding Rabbits.

Notes

Adults: If this recipe is being prepared by children, use a sharp knife to cut off the ends of celery, cut each celery

stalk in half, and cut the cauliflower floret in half.

Homemade Pizza Crust

Makes: 4 Servings

Ingredients

1 teaspoon rapid rise yeast
1/2 cup lukewarm water
1/4 teaspoon salt
1 teaspoon oil
1 cup bread flour (approximately)

Directions

1. Mix yeast, water, salt, and oil. Add about 1 cup flour to make a stiff dough. The amount of flour may vary slightly.
2. Knead the dough until it is very elastic (will stretch and not make a hole).
3. Form your dough into a thin or thick crust as desired. Lay it on a greased baking sheet to rise while you prepare toppings for pizza.
4. Bake at 400°F with desired toppings until crust is browned and top is bubbly.

Notes

Pizza can be topped with sauce, mozzarella cheese, vegetables, and cooked meats.

Homestyle Biscuits

Rating: ★★★★★

Makes: 15 servings

Ingredients

2 cups flour (all purpose)
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons sugar
2/3 cup buttermilk (low-fat)
3 tablespoons vegetable oil
1 teaspoon vegetable oil

Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil.
4. Pour over flour mixture and stir until well mixed.
5. On lightly floured surface, knead dough gently for 10–12 strokes.
6. Roll or pat dough to 3/4-inch thickness.
7. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts.
8. Transfer biscuits to an ungreased baking sheet.
9. Bake for 12 minutes or until golden brown.
10. Serve warm.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	15 g	5%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	135 mg	6%

Honey Milk Balls

Rating: ★★★★★

Makes: 20 servings

Ingredients

1/4 cup honey
1/4 cup peanut butter
1/2 cup dry milk, non-fat
1/2 cup cereal (crushed)

Directions

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours.

Notes

Honey should not be given to children less than one year of age.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	15 mg	1%

Honeydew Summer Salad Wedges

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 honeydew melon
- 1 **package** gelatin, lemon flavored (3 ounce)
- 1/2 **cup** water (boiling)
- 1/2 **cup** water (iced)
- ice cubes
- 1 **cup** whole strawberries (hulled)

Directions

1. Cut melon in half; scoop out seeds.
2. Pat the inside of the melon dry using paper towels.
3. Dissolve gelatin in boiling water.
4. Combine ice water and ice cubes to make one cup.
5. Add to gelatin and stir until slightly thickened.
6. Remove any un-melted ice.
7. Place each melon half in a small bowl to hold straight and firm.
8. Place half of strawberries in each melon half.
9. Pour gelatin mixture over berries.
0. Cover with plastic wrap and chill until firm, about 3 hours.
1. To serve, cut into wedges.

Iowa Nutrition Network, Pick a Better Snack: A Social Marketing Campaign, 2003

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	26 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	95 mg	4%

Hummus

Prep time: 20 minutes

Makes: 6 Servings

Ingredients

2 cups garbanzo beans ((chickpeas) cooked)
2 cloves garlic (minced)
1/4 cup lemon juice
1 tablespoon sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)
2 tablespoons olive oil

Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	157	
Total Fat	8 g	12%
Protein	6 g	
Carbohydrates	18 g	6%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	138 mg	6%

MyPlate Food Groups

Vegetables	1/4 cup
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Kale Chips

Makes: 6 Servings

Ingredients

1 bunch kale (or chard, spinach, or collards)
1 1/2 tablespoons olive oil

Directions

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Notes

Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.

Kale Chips

Cook time: 25 minutes

Makes: 4 Servings

Not a fan of Kale? These crispy baked kale chips will convert you! For the best results, don't overcrowd the pans.

Ingredients

1 bunch kale (tough stems removed, leaves torn into pieces (about 16 cups))

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt

Directions

1. Position racks in upper third and center of oven, preheat to 400 degrees Fahrenheit
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel, transfer to a large bowl.
3. Drizzle the kale with oil, and sprinkle with salt.
4. Using your hands, massage the oil and salt onto the kale leaves to evenly coat.
5. Fill two large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
6. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning).

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	8%
Protein	6 g	
Carbohydrates	16 g	5%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	210 mg	9%

MyPlate Food Groups

Vegetables	2 cups
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Make Ahead Tip: Store in an airtight container at room temperature for up to 2 days.

Eating Well

Layered Black Bean Dip

Rating: ★★★★★

Makes: 16 servings

Ingredients

1 can black beans (15 ounce, drained and rinsed)
1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/2 cup salsa (thick and chunky)
1/2 cup sour cream (light)
1/4 cup green onion (chopped)
2 ounces cheddar cheese, reduced fat (grated)

Directions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Notes

Serve as a dip for raw vegetables such as celery, carrot sticks, and pepper slices.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	40	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	4 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	150 mg	6%

Leaf Finger Salad

Makes: 2 Servings

Ingredients

4 iceberg lettuce leaves (large)
1 cucumber (sliced)
1 beet (shredded)
1 carrot, medium (shredded)
6 **teaspoons** sunflower seeds
2 **teaspoons** olive oil
2 **teaspoons** balsamic vinegar

Directions

1. Lay lettuce leaves on a flat surface. Top each leaf with all ingredients: cucumbers, carrots, beets, and sunflower seeds.
2. Drizzle each leaf with olive oil and balsamic vinegar.
3. Slowly roll the leaf with all ingredients.

Lemon Corn Cake

Makes: 12 servings

Ingredients

1 cup yellow corn meal
1 cup flour
1/2 cup sugar
1 tablespoon baking powder
1 teaspoon salt
6 ounces yogurt, low-fat lemon
2 teaspoons lemon peel (finely grated)
1 tablespoon oil
1 egg yolk
2/3 cup non-fat milk
3 egg whites
 non-stick cooking spray
3 tablespoons lemon juice
1/2 cup powdered sugar

Directions

1. Preheat oven to 400 degrees.
2. Mix first five ingredients together in mixing bowl.
3. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended.
4. Whip egg whites with mixer until stiff. Fold into corn meal mixture.
5. Pour into round 9-inch cake pan coated with nonstick cooking spray.
6. Bake for 20-25 minutes or until corn cake tests done.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	30 g	10%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	350 mg	15%

7. For optional lemon glaze: Over low heat blend lemon juice together with powdered sugar. Pierce cake top repeatedly with fork. Slowly pour glaze evenly over the top.

California Department of Health Services, Celebrate Health with a Lowfat FiestaCalifornia Project LEAN

Lentil Tacos

Rating: ★★☆☆

Makes: 6 servings

Ingredients

1 1/2 cups dry lentils (sorted and rinsed)
1/4 cup raisins
4 cups water
1/2 green pepper (chopped)
4 garlic (cloves, minced)
1/2 teaspoon hot pepper flakes (optional)
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon basil
2/3 cup tomato paste

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	1 g	2%
Protein	8 g	
Carbohydrates	34 g	11%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	270 mg	11%

Directions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes
(Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Light and Creamy Onion Dip

Makes: 6 Servings

This recipe uses fresh red onion. Since they are mild in flavor, red onions are often also used raw in fresh salads, dips, and sandwiches.

Ingredients

- 2 cups** red onions (finely chopped)
- 1 tablespoon** vegetable oil
- 1 teaspoon** paprika
- 1 cup** fat-free sour cream
- black pepper (to taste)

Directions

1. In a skillet, cook onions in oil over medium heat for about 3 minutes or until just tender.
2. Stir in paprika.
3. In a bowl, mix together the cooked onions and sour cream.
4. Add pepper to taste.
5. Cover and chill in the refrigerator for about 1 hour.

Recipe adapted from National Onion Association

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	2.5 g	
Protein	2 g	
Carbohydrates	11 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	55 mg	

Liv's Curry Chicken Salad Sandwich

Rating: ★★★★★

Makes: 12 Servings

"I wanted to make a dish that is healthy, delicious, and inspires children all around the country to have healthy eating habits," says Olivia. "I am including a strawberry and banana smoothie with low-fat yogurt to add dairy to my recipe. My recipe has slivered almonds in it for texture, but the almonds can be taken out for a nut-free family."

Ingredients

3/4 cup light mayonnaise
2 tablespoons mild curry powder
 Salt and freshly ground black pepper to taste
4 cups cooked shredded boneless, skinless chicken
 For the curry chicken salad sandwich:
1/2 cup diced celery
1/2 tablespoon finely chopped onion
1/2 cup toasted sliced almonds
1 1/2 cups grapes, cut in half
6 mini whole wheat pitas
 Lettuce leaves, optional

For the strawberry-banana smoothie:

1 frozen banana
1 cup whole strawberries, stems removed
3/4 cup low-fat vanilla yogurt
1/2 cup freshly squeezed orange juice

Directions

Make the curry chicken salad sandwich:

1. In a medium bowl, whisk together the mayonnaise, curry powder, salt, and pepper.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	391	
Total Fat	15 g	23%
Protein	34 g	
Carbohydrates	30 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	269 mg	11%

MyPlate Food Groups

Fruits	1/2 cup
Grains	1 ounce
Protein Foods	3 1/2 ounces
Dairy	1/4 cup

2. Add the chicken, celery, onion, almonds, and grapes and stir, being careful not to crush the grapes.

3. Fill each pita with about 1/2 cup chicken salad and garnish with lettuce leaves, if using.

Make the strawberry-banana smoothie:

1. In a blender, combine the banana, strawberries, yogurt, and orange juice and blend until smooth. (You will need to make two batches of the smoothie for 6 servings.)

Notes

State: New Hampshire

Child's Name: Olivia Beauchesne, 12

Nutrition Information includes both sandwich and smoothie

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Lo's Blueberry Coffee Cake

Rating: ★★★★★

Makes: 8 servings

Ingredients

1 egg
 1/2 cup non-fat milk
 1/2 cup yogurt, non-fat vanilla
 3 tablespoons canola oil
 1/4 teaspoon cinnamon
 2 teaspoons lemon peel (grated, yellow only)
 2 cups flour
 1/2 cup sugar
 4 teaspoons baking powder
 1/2 teaspoon salt
 1 1/2 cups fresh (or frozen unsweetened) blueberries
 Topping Ingredients:
 3 tablespoons sugar
 2 tablespoons walnuts (coarsely chopped)

Directions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	9 g	
Protein	6 g	
Carbohydrates	54 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	420 mg	

5. In a small bowl combine the topping ingredients.
Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

Notes

When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

California Department of Health Services, California's Chefs Cook LeanCalifornia Project LEAN

Low-Fat Spinach Dip

Makes: 3 Servings

Use low-sodium canned spinach to make a dip you can serve with vegetables, crackers, or breadsticks.

Ingredients

1/2 cup plain low-fat yogurt

1/2 cup low-fat (1%) cottage cheese

1 can chopped spinach, well drained, or chop up other types of low-sodium canned spinach (13 ounces)

1 green onion, sliced (or use 1/4 cup onion, chopped, instead)

1 teaspoon chili powder

1 teaspoon lemon juice

Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

Lucky Lettuce Cups

Makes: 4 Servings

“Me and my mom love to be in the kitchen! I was in Mandarin immersion at my school for three years, and when we had Chinese dumplings, I became interested in Chinese food,” recalls Cecily. “Mom and I experimented with these delicious Chinese-style lettuce cups. I love how the crunchy lettuce, peanuts, and veggies go with the tender rice. I like to have it with a side of grilled pineapple, Greek honey yogurt, and a good old glass of water!”

Ingredients

2 tablespoons safflower oil
3/4 pound boneless, skinless chicken breasts, cut into 1-inch cubes
4 scallions, thinly sliced, plus 2 scallions sliced diagonally, for garnish
1 piece fresh ginger, peeled and grated (2-inch)
2 large garlic cloves
1 cup zucchini, cut into 1-inch cubes
1 cup red bell pepper, cut into 1-inch dice
1 cup yellow bell pepper, cut into 1-inch dice
1 cup lightly salted roasted peanuts
1 cup cooked short-grain brown rice
1 tablespoon brown sugar
1 tablespoon soy sauce
1 tablespoon soy sauce
1 1/2 tablespoons rice wine vinegar
1/2 teaspoon salt
1/4 teaspoon hot chile sauce (optional)
1 head butter lettuce, washed and seperated

Directions

1. In a large sauté pan over moderate heat, warm 1 tablespoon oil. Add the chicken and sauté, stirring occasionally, until cooked through and brown, 5 to 7 minutes. Transfer to a plate and set aside. Do not wash the pan.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	400	
Total Fat	25 g	38%
Protein	28 g	
Carbohydrates	19 g	6%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	15%
Sodium	649 mg	27%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Protein Foods	5 ounces

2. In the same pan over moderate heat, warm the remaining 1 tablespoon oil. Add the 4 thinly sliced scallions, along with the ginger and garlic and sauté, stirring occasionally, for 1 minute.
3. Add the zucchini, red and yellow bell peppers, peanuts, and rice, and cook, stirring occasionally, for 3 minutes.
4. Add the brown sugar and cook, stirring occasionally, for 3 minutes. Add the cooked chicken, along with the soy sauce, vinegar, salt, and hot chile sauce, if using.
5. Mound the rice and vegetable mixture in the middle of a large serving plate and garnish with diagonally sliced scallions. Surround the rice with lettuce cups.
6. To serve, spoon the rice and vegetable mixture into lettuce cups and eat with your fingers, taco-style.

Notes

State: Utah

Child's Name: Cecily Asplund, 10

Magical Fruit Salad

Rating: ★★★★★

Makes: 12 servings

Ingredients

1 can pineapple chunks (20 ounce)
1 1/4 cups grapes, seedless, red or green
2 banana
1 3/4 cups milk, non-fat or low-fat
1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)

Directions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	140 mg	6%

Makenna's Bodacious Banana Muffins

Rating: ★★★★★

Makes: 12 Servings

"My mommy and I bake lots of muffins to raise awareness for Down syndrome. I walk in 'Walk for Success' each year with my family and almost always win a medal," says Makenna. "I would have my muffins alongside a yogurt parfait with strawberries and blueberries, and a nice green salad with only dark greens like kale and spinach and some cherry tomatoes and cucumbers." Her dad Mark reports that Makenna wants to open her own bake shop when she's older, and that she sells muffins to schools and businesses in the community to raise money for research and programs for Down syndrome.

Ingredients

- 3 ripe bananas, mashed
- 2 large eggs
- 3/4 cup packed brown sugar
- 3/4 cup unsweetened applesauce
- 1/4 cup vegetable oil, plus more for pans
- 1 teaspoon pure vanilla extract
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon ground cinnamon, plus more for pans

Directions

1. Preheat the oven to 350°F. Grease a 12-cup muffin pan with the vegetable oil and sprinkle a little cinnamon in the bottom of each cup.
2. In a large bowl, beat together the bananas, eggs, brown sugar, applesauce, oil, and vanilla.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	201	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	35 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	123 mg	5%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1 1/2 ounces

3. In a medium bowl, whisk together the flour, baking soda, and cinnamon. Add the flour mixture to the banana mixture and stir until incorporated.

4. Spoon the batter into the prepared muffin tray and bake until the tops of the muffins spring back when pressed lightly, about 30 minutes. Let cool and enjoy!

Notes

State: Tennessee

Child's Name: Makenna Hurd, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Mango Shake

Rating: ★

Makes: 4 servings

Ingredients

2 cups milk (low-fat 1%)

4 tablespoons mango juice (or 1 fresh pitted mango)
(frozen)

1 banana (small)

2 ice cubes

Directions

1. Put all ingredients into a blender. Blend until foamy.
Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	1.5 g	2%
Protein	4 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	55 mg	2%

Manhattan Clam Chowder

Makes: 9 servings

Ingredients

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (no salt added)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (no salt added)
- 1 tablespoon parsley flakes (dried)

Directions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.
3. Cover and cook on low for 8-10 hours or until the vegetables are tender.
4. Remove bay leaf and peppercorns before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	0 g	0%
Protein	6 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	55 mg	2%

Mexican Pinwheels

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

2 ounces cream cheese, softened
2 tablespoons canned corn, drained
2 tablespoons chopped green chilies, drained
2 teaspoons chopped onion
2 tablespoons salsa
3 large flour tortillas (10 inch)

Directions

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve (should make 30 pinwheels)

Microwave Baked Apple

Makes: 4 servings

Ingredients

4 apple (large, baking)
1/2 cup brown sugar
1 teaspoon cinnamon

Directions

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Notes

One pound apples = 3 medium = 3 cups sliced. This is good information to know at the grocery store.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well.

Arrange the apples around the outside edge of the dish for more even cooking in the microwave.

Safety Tips: Wash the apples in clear running water before coring. If you have apples left, keep in the fridge for a handy snack later on.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	53 g	18%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	0%
Sodium	10 mg	0%

Microwave Baked Potato

Makes: 1 serving

Ingredients

1 potato

Directions

1. Scrub potato. Prick several times with a fork or knife.
2. Place on microwave safe plate.
3. Cook according to table below. Turn over halfway through cooking

	Number of Potatoes	Time
1	7-8 minutes or until soft	
2	10-12 minutes or until soft	
4	14-18 minutes or until soft	

3. Turn over halfway through cooking.
4. Let potato rest for 1-3 minutes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	290	
Total Fat	0 g	0%
Protein	8 g	
Carbohydrates	64 g	21%
Dietary Fiber	7 g	28%
Saturated Fat	0 g	0%
Sodium	40 mg	2%

Migas "Crumbs"

Rating: ★★★★★

Cook time: 20 minutes

Makes: 4 servings

Ingredients

4 tortillas (large)
3 tablespoons canola oil
1/4 cup bell pepper
1/4 cup onion
 4 egg (lightly beaten)
4 tablespoons cheddar cheese, low-fat (grated)

Directions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	19 g	29%
Protein	12 g	
Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	3.5 g	18%
Sodium	450 mg	19%

Mixed Grain Bread

Rating: ★★☆☆

Makes: 20 servings

Ingredients

- 1/4 cup** cornmeal (yellow)
- 1/4 cup** brown sugar (packed)
- 1 teaspoon** salt
- 2 tablespoons** vegetable oil
- 1 cup** water (boiling)
- 1 package** dry yeast (active)
- 1/4 cup** water (warm 105 - 115 degrees)
- 1/3 cup** whole wheat flour
- 1/4 cup** rye flour
- 2 3/4 cups** flour (all purpose)

Directions

1. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all purpose flour to make dough stiff enough to knead.
3. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes.
4. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	18 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	120 mg	5%

5. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour.

6. Preheat oven to 375 degrees. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Yeast Breads

Mousse a la Banana

Makes: 4 servings

Ingredients

- 2 tablespoons** milk (low-fat, 1%)
- 4 teaspoons** sugar
- 1 teaspoon** vanilla
- 1 banana** (medium, cut into quarters)
- 1 cup** yogurt (plain, low-fat)
- 8 banana slices** (1/4 inch)

Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	45 mg	2%

Mozz Totz

Makes: 12 servings

Ingredients

12 ounces mozzarella string cheese (fat-free)
1/2 cup milk (1% low fat)
1/2 teaspoon oregano (dried)
1/2 teaspoon basil (dried)
1/2 cup bread crumbs
1/2 cup marinara sauce (prepared, warmed)
 cooking spray (non-stick)

Directions

1. Wash hands with warm water and soap.
2. Preheat oven to 350°.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0.5 g	1%
Protein	10 g	
Carbohydrates	6 g	2%
Dietary Fiber	10 g	4%
Saturated Fat	0 g	0%
Sodium	300 mg	13%

10. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place).

11. Dip in warmed marinara sauce and enjoy.

Muffins (from Better Baking Mix)

Makes: 12 muffins

Ingredients

2 cups Better Baking Mix
1/2 cup sugar
1 egg
1/4 cup vegetable oil
2/3 cup water

Directions

1. Preheat oven to 400°F.
 2. Grease 12-cup muffin pan.
 3. Mix the Baking Mix and sugar in a bowl.
 4. Beat the egg with a fork.
 5. Add egg, oil, and water to dry ingredients. Stir just until all ingredients are wet.
 6. Spoon into the prepared muffin pan.
 7. Bake 15 minutes or until lightly browned and toothpick comes out clean.
- F

Notes

Blueberry muffins: Gently stir 1 cup fresh or frozen blueberries into batter.

Apple muffins: Add 1 teaspoon cinnamon to the dry ingredients. Reduce water to 1/2 cup. At the end of mixing, gently stir in 1 cup finely chopped fresh apples.

Mushroom Steak Fajitas

Prep time: 45 minutes

Makes: 4 Servings

Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetables ante by sautéing savory mushrooms and mixing them with steak for an umami-rich, flavorful punch. And we've sped up the preparation time for this Tex-Mex favorite, foregoing marinating the steak by using a tender cut.

Ingredients

12 ounces sirloin or other boneless steak (about 3/4-inch thick)
3 cups sliced cremini mushrooms
1 tablespoon no-salt fiesta lime seasoning (divided)
1 tablespoon olive oil
1 medium green bell pepper (sliced into strips)
1 medium red bell pepper (sliced into strips)
1 medium yellow bell pepper (sliced into strips)
8 whole-wheat tortillas (6-inch)
1 medium tomato (diced)
2 cups shredded iceberg lettuce
4 tablespoons non-fat sour cream

Directions

Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 tbsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	430	
Total Fat	16 g	25%
Protein	27 g	
Carbohydrates	46 g	15%
Dietary Fiber	7 g	28%
Saturated Fat	5 g	25%
Sodium	530 mg	22%

MyPlate Food Groups

Vegetables	1 41/100 cups
Grains	2 14/25 ounces
Protein Foods	2 1/4 ounces

sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk and side of mango chunks, about 3/4 cup.

Naan

Makes: 40 Servings

Ingredients

- 1 package** yeast, active dry (1/4 ounce)
- 1 cup** warm water
- 1/4 cup** sugar
- 3 tablespoons** milk, 1%
- 1** egg, beaten
- 2 teaspoons** salt
- 4 1/2 cups** bread flour
- 2 teaspoons** garlic, minced (optional)
- 1/4 cup** butter, melted

Directions

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	40	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	130 mg	5%

1. In a large bowl, dissolve yeast in warm water and let stand about 10 minutes or until frothy.
2. Stir in sugar, milk, egg, salt and enough flour to make a soft dough.
3. Knead for six to eight minutes on a lightly floured surface or until smooth.
5. Let it rise one hour until the dough has doubled in volume.
6. Punch down dough and knead in garlic.
7. Pinch off small handfuls of dough about the size of a golf ball.
8. Roll into balls and place on a tray. Cover with a towel and allow to rise until doubled in size, about 30 minutes.
9. During the second rising, preheat grill to high heat.
10. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill and cook for two to three minutes or until puffy and lightly browned.
11. Brush uncooked side with butter and turn over.
12. Brush cooked side with butter and cook until browned, another two to four minutes.
13. Remove from grill and continue the process until all the naan has been prepared.

New England Johnny Cake

Makes: 24 servings

Ingredients

- 2 egg (beaten)
- 3/4 cup** sugar
- 2 cups** flour
- 1 cup** yellow cornmeal
- 1 tablespoon** baking powder
- 3/4 teaspoon** salt
- 1/4 cup** vegetable oil
- 1 1/2 cups** skim or reconstituted non-fat dry milk
- vegetable oil (or spray)

Directions

1. Preheat oven to 375 degrees.
2. Mix sugar with beaten eggs in small mixing bowl.
3. In the other bowl, mix flour, cornmeal, baking powder and salt together.
4. Add oil, egg mixture and milk to the flour mixture. Mix. Pour into a lightly oiled baking dish.
5. Bake at 375 degrees for 30 minutes.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	3 g	5%
Protein	3 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	150 mg	6%

No Bake Breakfast Cookies

Rating: ★★★★★

Makes: 12 servings

Ingredients

1/2 cup honey (or light corn syrup)
1/2 cup non-fat dry milk (instant)
1/2 cup raisins (or chopped dates)
1/2 cup creamy peanut butter
2 1/2 cups flaked cereal (coarsely crushed)

Directions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	110 mg	

Oat Bran Muffins

Rating: ★★

Makes: 12 servings

Ingredients

2 1/4 cups oat bran
1/4 cup brown sugar (firmly packed)
1 1/2 teaspoons cinnamon
1 tablespoon baking powder
1 banana (mashed)
3/4 cup applesauce (unsweetened)
2 tablespoons raisins, dates, or other dried fruit
1 egg
1/2 cup orange juice
3/4 cup non-fat milk
2 tablespoons canola oil

Directions

1. Preheat oven to 425 degrees.
2. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients.
3. Add the liquid ingredients to the dry until it is moist.
4. Spray muffin tin with a non-stick coating. Pour batter into muffin tins.
5. Bake for 15-17 minutes. Remove muffins from pan after 10 minutes. Cool on a rack. Freeze muffins for later use.

Utah State University Cooperative Extension, Healthy Eating for Older Adults

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	24 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	135 mg	6%

Oat Snack Cakes

Rating: ★★★★★

Makes: 60 servings

Ingredients

6 cups oatmeal (raw)
2 cups whole wheat flour
1 cup flour (all purpose)
1 cup sugar
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
3/4 cup margarine (softened)
1/2 cup vegetable oil
2 teaspoons vanilla flavoring
2 egg whites (beaten)
1 tablespoon water
1 cup raisins

Directions

1. Preheat oven to 375 degrees. Mix together oatmeal, flour, sugar, baking soda, salt and cinnamon in a large bowl.
2. Cut in margarine until mixture resembles coarse meal.
3. Combine oil, vanilla, egg whites, and water. Stir into dry ingredients and raisins, mixing only until it holds together.
4. Wash hands thoroughly, then dip in cornmeal or flour. Pinch off pieces of dough and form into balls about 1 inch in diameter.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	70 mg	3%

5. Place balls on baking pan (sprayed with non-stick cooking spray) and press out slightly to about 1/4 inch in thickness.
6. Bake 15-20 minutes or until lightly browned. Cool, then store in an airtight container.

Virginia Cooperative Extension, Healthy Futures

Oatmeal Bread

Rating: ★★★★★

Makes: 20 servings

Ingredients

- 1 cup rolled oats
- 1 teaspoon salt
- 1 1/2 cups boiling water
- 1 package dry yeast (active)
- 1/4 cup warm water (105 - 115 degrees)
- 1/4 cup light molasses
- 1 1/2 tablespoons vegetable oil
- 2 cups whole wheat flour
- 2 1/2 cups flour (all purpose)

Directions

1. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water in small bowl.
3. Add yeast water, molasses, and oil to cooled oatmeal mixture. Stir in whole wheat flour and 1 cup all purpose flour. Add additional all purpose flour to make a dough stiff enough to knead.
4. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes.
5. Place dough in lightly oiled bowl, turning to oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	120 mg	5%

5. Punch dough down; turn onto clean surface. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise in a warm place until almost double, about 1 hour.

6. Preheat oven to 375 degrees. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Yeast Breads

Oatmeal Raisin Muffins

Rating: ★★☆☆

Makes: 12 servings

Ingredients

1 egg
1 cup milk
1/3 cup oil
1 1/4 cups flour
1 cup oatmeal
1/3 cup sugar
1 teaspoon baking powder
1 teaspoon salt
1/2 cup raisins
margarine or butter (to grease the muffin cups)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	7 g	11%
Protein	4 g	
Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	330 mg	14%

Directions

1. Preheat the oven to 400 degrees.
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
3. In a large mixing bowl, mix the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
4. Pour the egg-milk-oil mix into the large bowl with the dry ingredients.
5. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
6. Grease each cup in the muffin pans with some margarine or butter.
7. Spoon the batter into the cups in each muffin pan, until each cup is half-full with batter.

8. Bake for 20 to 25 minutes, or until the muffins are golden brown.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Orange Chicken Lettuce Wraps

Rating: ★★ ★

Makes: 8 Servings

“Campbell has autism, and the changes we have made in our family’s diet—eliminating processed foods and replacing with fresh fruits, veggies, and meat—have had the most effective impact on his behavior along with ABA therapy,” says his mom, Erin. “He has embraced this new lifestyle and loves to help me cook. So when we read about this challenge, he wanted to create something new. These lettuce wraps are wonderful served warm or cold. And they have to be served with a side of blueberries and cantaloupe, which we call Campbelloupe because he eats so much of it.”

Ingredients

- 4 cloves garlic, minced
- 3 medium boneless, skinless chicken breasts
- 2 oranges
- 1 cup water chestnuts, chopped (8-ounce can)
- 1/3 cup rice vinegar
- 1/3 cup honey
- 2 tablespoons Liquid Coconut Aminos (or soy sauce if no one is gluten-or soy-sensitive)
- 1 tablespoon grated fresh ginger
- 1 1/2 teaspoons crushed red pepper
- 8 scallions, chopped, white and green slices separated
- 3 yellow bell peppers, seeded
- 3 red bell peppers, seeded and chopped
- 3 orange bell peppers, seeded and diced
- 3 cups warm cooked brown jasmine rice
- Romaine lettuce hearts, separated into large leaves

Directions

1. Bring a large pot of water to a boil. Add the garlic and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	219	
Total Fat	1.3 g	2%
Protein	8 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	295 mg	12%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce
Protein Foods	1/2 ounce

chicken and cook until the chicken is cooked through, about 10 minutes. Let cool, then transfer the chicken and garlic to a bowl and use a fork to shred the chicken into bite-size pieces.

2. Zest 1 orange then squeeze the juice from both oranges—you should have about 1 cup of juice total.

3. Transfer both the zest and juice to a medium saucepan and add the water chestnuts, vinegar, honey, Liquid Aminos, ginger, crushed red pepper, and the white scallion slices. Place the saucepan over moderate heat and cook until the mixture comes to a boil, about 3 minutes.

4. Add the shredded chicken and return the mixture to a boil, stirring to make sure the chicken is coated in the sauce. Reduce the heat and simmer for 5 minutes.

5. Add the bell peppers and the greens from the scallions and cook until the peppers are tender, about 5 minutes.

6. To serve, spoon the rice, chicken, and sauce into the romaine leaves.

Notes

State: Virginia

Child's Name: Campbell Kielb, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Oven-Fried Yucca

Makes: 6 servings

Ingredients

- 1 pound** yucca (cassava) (fresh, cut into 3-inch sections and peeled)
- 1** cooking spray (as needed, non-stick)

Directions

1. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 30 minutes, or until it is tender.
2. Preheat oven to 350 F.
3. Transfer the yucca with a slotted spoon to a cutting board. Let it cool and cut it lengthwise into 3/4-inch wide wedges, discarding the thin woody core.
4. Spray cookie sheet with the nonstick cooking oil spray. Spread yucca wedges on cookie sheet and spray wedges with cooking oil spray. Cover with foil paper and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	10 mg	0%

Parmesan Chive Biscuits

Rating: ★★☆☆

Makes: 12 servings

Ingredients

- 2 cups** biscuit mix
- 2/3 cup** milk (2% or fat-free)
- 1/4 cup** butter (melted)
- 3/4 cup** Parmesan cheese (freshly grated)
- 1/2 cup** chives (finely chopped, fresh)

Directions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	9 g	14%
Protein	4 g	
Carbohydrates	14 g	5%
Dietary Fiber	0 g	0%
Saturated Fat	4.5 g	23%
Sodium	340 mg	14%

Peach Cooler

Rating: ★★

Makes: 2 servings

Ingredients

2 cups milk, low-fat

1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)

1/2 teaspoon lemon juice

1 dash nutmeg (if desired)

Directions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	2.5 g	4%
Protein	9 g	
Carbohydrates	32 g	11%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	150 mg	6%

Peachy Peanut Butter Pita Pockets

Rating: ★★ ★

Makes: 4 servings

Ingredients

- 2 pita pockets (medium, whole wheat)
- 1/4 cup** peanut butter (reduced fat, chunky)
- 1/2** apple (cored and thinly sliced)
- 1/2** banana (thinly sliced)
- 1/2** peach (fresh, thinly sliced)

Directions

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	210	
Total Fat	7 g	11%
Protein	7 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	260 mg	11%

Peachy Pops

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 2 peaches
- 2/3 cup** yogurt, low-fat vanilla
- 2 cups** orange juice
- 6 paper cups
- 6 spoons

Directions

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	19 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	20 mg	1%

Peanut Butter 'n Fruit-wich

Makes: 1 serving

Ingredients

- 1 slice** whole wheat bread
- 2 tablespoons** peanut butter
- 1/4** apple or banana (thinly sliced)
- 2** tablespoons of carrot (sliced or grated, optional)

Directions

1. Spread 2 Tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

Notes

Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	17 g	26%
Protein	12 g	
Carbohydrates	23 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	3.5 g	18%
Sodium	140 mg	6%

Peanut Butter and Apple Wraps

Makes: 2 Servings

Ingredients

1 whole wheat tortilla (8 inch)
1/4 cup peanut butter, reduced-fat
2 tablespoons granola cereal
1/2 apple, sliced (suggest Red Delicious apple)

Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style"
5. Eat and Enjoy.

Notes

This recipe could use other apples - Golden Delicious, Granny Smith or Fuji; however, Red Delicious apples are the crispiest and their flavor balances the savory taste of the peanut butter.

The combination of fruit, granola, and peanut butter makes this snack packed with protein, iron, fiber, and calcium; the whole wheat tortilla and reduced-fat peanut butter keep it lower in fat.

Peanut Butter and Banana Wrap

Makes: 1 Servings

Ingredients

- 1 whole wheat tortilla (small)
- 2 **tablespoons** peanut butter
- 1 **teaspoon** honey
- 1 **tablespoon** granola or crunchy cereal
- 1 banana

Directions

1. Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel, chop, and place banana on the tortilla and roll the tortilla.

Notes

Serving Size: 1 wrap

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	460	
Total Fat	21 g	
Protein	14 g	
Carbohydrates	58 g	
Dietary Fiber	7 g	
Saturated Fat	4 g	
Sodium	290 mg	

Peanut Butter Banana Breakfast Shake

Rating: ★★ ★

Makes: 1 serving

Ingredients

1 cup milk (fat free or 1%)
1/2 cup banana (frozen, slices)
1 tablespoon peanut butter
1/4 teaspoon cinnamon (ground)
1/2 teaspoon vanilla extract
 cocoa powder (as needed, sweet, optional)

Directions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

University of Nebraska, Cooperative Extension, Healthy Eating Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	8 g	12%
Protein	14 g	
Carbohydrates	34 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	200 mg	8%

Peanut Butter Bread

Rating: ★★☆☆

Makes: 10 servings

Ingredients

2 egg
 1 1/2 cups milk
 1/3 cup sugar (granulated)
 1 cup peanut butter
 1 3/4 cups flour (all purpose)
 1 tablespoon baking powder
 1/2 teaspoon salt

Directions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray, a loaf pan.
2. In large bowl, beat eggs. Add milk, sugar and peanut butter. Mix well.
3. In a separate bowl combine flour, baking powder, and salt. Mix thoroughly.
4. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients.
5. Pour into prepared pan. (Pan will be half full). Bake for 1 hour.

Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	14 g	22%
Protein	11 g	
Carbohydrates	24 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	3 g	15%
Sodium	300 mg	13%

Peanut Butter Muffins

Rating: ★★ ★

Makes: 12 servings

Ingredients

3/4 cup peanut butter (chunky)
2 tablespoons honey
2 egg
1 cup milk
1 1/2 cups flour
1/2 cup cornmeal
3 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt

Directions

1. Preheat the oven to 375 degrees.
2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).
3. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
4. Add the eggs 1 at a time, beating well after each egg.
5. Add the milk, and mix well.
6. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much.
7. Fill each muffin cup 2/3 full.
8. Bake for 20 to 25 minutes until golden brown.
9. Put on a wire rack.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	9 g	14%
Protein	8 g	
Carbohydrates	28 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	280 mg	12%

10. Cool for at least 10 minutes before serving.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Peanut Snack Mix

Makes: 10 Servings

Unsalted, oil roasted peanuts are used in this snack recipe. Mix roasted peanuts with pretzels, cereal, and dried fruit for an easy snack mix.

Ingredients

1 cup roasted peanuts
1/2 cup chocolate chips
1/2 cup raisins
1/2 cup dried cranberries (if you like)
1 cup bite-sized pretzels

Directions

1. Combine all ingredients together in a large bowl and mix well. If using dried cranberries, add that too.
2. Store in an airtight container.

Peanut, Peach, N Pineapple Wrap

Prep time: 15 minutes

Makes: 4 Servings

Inspired by an all-time favorite, peanut butter and jelly sandwiches, this wrap is easy and fun for kids to make. With the sweet flavor of fruit and the crisp texture of green pepper and lettuce, it's a great way to fit one cup of fruit and veggies into a "wrap 'n go" meal.

Ingredients

- 1 can** sliced peaches (drained)
- 1 can** pineapple tidbits in juice (drained)
- 1/2 cup** red or green bell pepper (chopped)
- 1 teaspoon** cinnamon
- 4** whole wheat tortillas (10-inch)
- 1/2 cup** chunky peanut butter
- 3 cups** lettuce (shredded)

Directions

1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon.
2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	430	
Total Fat	15 g	23%
Protein	13 g	
Carbohydrates	64 g	21%
Dietary Fiber	8 g	32%
Saturated Fat	2.5 g	13%
Sodium	600 mg	25%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/2 cup
Grains	2 1/2 ounces
Protein Foods	2 ounces

5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

Notes

Mix the drained juices with your breakfast juice if you like.

To make them more pliable before wrapping, warm tortillas. 10 to 15 seconds on high heat in the microwave, 3 to 5 minutes at 350°F in aluminum foil in the oven, and 15 seconds per side over medium-high on the stove top.

Pear Kabobs with Strawberry Dipping Sauce

Prep time: 15 minutes

Makes: 6 Kabobs

Ingredients

- 1 cup** yogurt, low-fat vanilla
- 4 tablespoons** strawberry preserves
- 2** pears (cored and cut into 1-inch cubes)
- 2 cups** strawberries (stems removed)
- 2** bananas (cut into 1-inch slices)
- 1 can** pineapple chunks, drained

Directions

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.
2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Notes

Other materials needed:

- Six wooden skewers
- small bowl
- cutting board
- can opener
- paring knife
- measuring spoons

- platter or large plate

Pear Party Salsa

Prep time: 10 minutes

Makes: 4 Servings

Ingredients

- 1 pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwifruit, cored and finely chopped
- 1 orange, peeled and finely chopped
- 2 **tablespoons** honey
- 1 **teaspoon** lemon juice
- cinnamon graham crackers (optional)

Directions

1. Combine pear, apple, kiwi, and orange in a medium-size bowl.
2. Pour honey and lemon juice over fruit and gently toss.
3. Scoop up bites of fruit salsa using bites of cinnamon graham crackers (optional).

Notes

Other materials needed:

- paring knife
- measuring spoons
- cutting board
- fruit peeler
- slotted spoon
- medium-sized bowl

USA Pears. Pear Bureau Northwest.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	113	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	29 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	3 mg	0%

MyPlate Food Groups

Fruits	1 cup
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Pear PB&J Bouquet

Makes: 8 Servings

Ingredients

1 pear
8 **teaspoons** peanut butter
4 **teaspoons** strawberry preserves
8 **slices** whole grain wheat bread

Directions

1. Use a flower-shaped cookie cutter to cut each slice of bread. If bread sticks to cutter, gently push the petals out with your fingers.
2. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will only use the center three pieces of each slice, so go ahead and eat the end pieces.
3. Spread 1 teaspoon of peanut butter in a circle in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle.
4. Drizzle 1/2 teaspoon of strawberry preserves in the center of each flower and over the pears.

Notes

Other materials needed:

- paring knife
- deep cookie cutter, flower-shaped
- measuring spoons
- squeeze bottle (optional)

Pear Rabbit

Prep time: 5 minutes

Makes: 1 Pear Rabbit

Ingredients

3 canned pear halves

1 raisin

Directions

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Notes

Adults: If cooking with kids, use can opener, open pear halves and discard sharp edged lid.

Pears in a Pod

Prep time: 5 minutes

Makes: 4 Servings

Ingredients

4 celery stalks (cleaned and cut into 3-inch long pieces)

1/2 cup creamy peanut butter

2 pears (cored and cut into chunks)

Directions

1. Spread the peanut butter into the center of the celery pieces.
2. Place the pear chunks on top of the peanut butter.
3. Serve on a plate and enjoy with your friends.

Notes

Other materials needed:

- paring knife
- small spatula or table knife
- cutting board
- measuring cups

Perfect Pumpkin Pancakes

Rating: ★★★★★

Makes: 12 servings

Ingredients

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 1/4 teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
1/2 cup pumpkin (canned)
1 3/4 cups milk, low-fat
2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	127	
Total Fat	3 g	5%
Protein	4 g	
Carbohydrates	21 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	159 mg	7%

MyPlate Food Groups

Grains	1 1/2 ounces
Dairy	1/4 cup

5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

Kansas Family Nutrition Program, Kids a Cookin'

Peter Pumpkin Squares

Rating: ★★★★★

Makes: 24 servings

Ingredients

1 can pumpkin (16 ounces)
1 1/2 cups brown sugar
4 egg
3/4 cup oil (cooking)
1 1/2 cups flour (all-purpose)
1 1/2 cups rolled oats
1 tablespoon cinnamon (ground)
2 teaspoons baking powder
1 teaspoon baking soda
 margarine or butter (to grease the pan)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	8 g	12%
Protein	3 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	110 mg	5%

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Picky-Eater Pita Pizza Pockets

Makes: 4 Servings

“Like many kids, Jacob is a very picky eater! Pizza is one of his favorite foods, but he’s well aware that the pizza we buy is generally not a nutritionally wise choice. Together we discussed ways to make a healthier version of pizza that he could enjoy for lunch,” says Karen Ann, Jacob’s mom. “We decided on using whole wheat pita pockets; a healthy, veggie-filled tomato sauce; chicken for protein; and mozzarella cheese. We would serve these pita pizza pockets with some fruit (his favorites are apples, bananas, and watermelon) to complete his plate for a healthy, well-rounded meal!”

Ingredients

- 2 tablespoons** olive oil
- 2** medium onions (chopped)
- 4 cloves** garlic
- 1 can** whole tomatoes (28-ounce can)
- 2** medium carrots (shredded)
- 1** red bell pepper (seeded and chopped)
- 1** medium zucchini (shredded)
- 1 teaspoon** dried oregano
- 1/4 cup** baby spinach leaves
- 2** cooked boneless, skinless chicken breasts (cut into cubes)
- 4** whole wheat pitas
- 1 cup** shredded part-skim mozzarella cheese

Directions

1. Preheat the oven to 350°F.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	512	
Total Fat	20 g	31%
Protein	54 g	
Carbohydrates	53 g	18%
Dietary Fiber	9 g	36%
Saturated Fat	7 g	35%
Sodium	520 mg	22%

MyPlate Food Groups

Vegetables	2 cups
Grains	2 ounces
Protein Foods	1 1/2 ounces
Dairy	3/4 cup

2. In a medium saucepan over moderate heat, warm the oil. Add the onions and garlic and sauté until they begin to soften and caramelize, about 5 minutes.

3. Add the tomatoes, carrots, bell pepper, zucchini, and oregano, and simmer for 20 minutes. Add the spinach, stir to combine, and continue simmering to wilt the spinach, about 1 minute.

4. Remove the vegetables from the heat and let cool. Purée the vegetables with an immersion or regular blender, leaving the vegetables chunky, or simply leave the vegetables whole.

5. Open the pita pockets and place a quarter of the chicken cubes inside each one. Add a few tablespoons of sauce to each pita and sprinkle with mozzarella cheese.

6. Arrange the pita pizza pockets on a large baking sheet and bake until the cheese is melted, 8 to 10 minutes.

Notes

State: Michigan

Child's Name: Jacob Hirsch, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Pocket Fruit Pies

Makes: 4 servings

Ingredients

- 4** flour tortillas (8 inch)
- 2** peaches, pears, or apples (medium)
- 1/4 teaspoon** cinnamon (ground)
- 6 teaspoons** brown sugar
- 1/8 teaspoon** nutmeg (ground)
- 2 tablespoons** milk
- sugar (optional)

Directions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	39 g	13%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	340 mg	14%

This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Kansas State University Cooperative Extension, Mission Nutrition: Cooking for Better Health and Kids a Cookin'

Popcorn Treats

Makes: 2 servings

Ingredients

2 tablespoons margarine (melted, or butter)
5 cups popcorn (popped)
3/4 cup raisins
1 cup shredded wheat (bite-size)
1 tablespoon sugar (brown or white)
1 1/4 teaspoons cinnamon

Directions

1. Pop popcorn.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	480	
Total Fat	13 g	20%
Protein	8 g	
Carbohydrates	93 g	31%
Dietary Fiber	9 g	36%
Saturated Fat	2 g	13%
Sodium	140 mg	6%

Porcupine Sliders

Rating: ★★

Prep time: 30 minutes

Cook time: 1 hour, 20 minutes

Makes: 6 Sliders

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors

Ingredients

- 1/8 cup** Brown rice, long-grain, regular, dry
- 1 teaspoon** canola oil
- 1 1/2 tablespoons** Fresh onion, peeled, diced
- 1/4 cup** Fresh celery, diced
- 1 1/2 teaspoons** Fresh garlic, minced
- 1 pound** Raw ground turkey, lean
- 1 egg**, beaten
- 5 tablespoons** Dried cranberries, chopped
- 3/4 cup** Fresh baby spinach, chopped
- 1 teaspoon** Worcestershire sauce
- 1/2 teaspoon** salt
- 1/2 teaspoon** ground black pepper
- 1 dash** ground white pepper
- 6** Mini whole-wheat rolls (small dinner roll size, 1 oz each)

Directions

1. Preheat oven to 350 °F.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	247	
Total Fat	9 g	
Protein	16 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	2 g	
Sodium	366 mg	

MyPlate Food Groups

Vegetables	1/8 cup
Grains	1 ounce
Protein Foods	1 3/4 ounces

2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Notes

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a

quick menu idea that kids will enjoy!

South Education Center Alternative School

Richfield, Minnesota

School Team Members

School Nutrition Professional: Wanda Nickolai

Chef: Todd Bolton (Parasole Restaurant Holdings, Inc.)

Community Members: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

Students: Adilene D., Chris D., Dominic L., and Dolores P.

Pork and Tofu Lettuce Cups

Makes: 6 Servings

“When my little brother Galen was a baby, he was allergic to a lot of foods. He couldn't eat wheat, dairy, or eggs. That meant no pizza or macaroni and cheese. My mom spent a lot of time trying to find nutritious foods that he could eat,” says Rose. “She used to serve a pork and tofu dish over rice. I was inspired by that dish when I made this recipe. It can be served with brown rice, but I like to eat it with lots of veggies and sliced oranges on the side. You can also make this with ground beef or turkey.”

Ingredients

3 tablespoons reduced-sodium soy sauce
1 tablespoon sesame oil
1 tablespoon cornstarch
2 teaspoons white or rice vinegar
2 teaspoons grated ginger
2 teaspoons sugar
2 cloves garlic (minced)
2 teaspoons olive oil
1 pound lean ground pork
1 block firm tofu (drained well and cut into 1/2-inch cubes)
2 heads romaine lettuce (cleaned and separated into leaves)
 Toppings: **1** bag broccoli slaw (undressed), plus bean sprouts, fresh cilantro, fresh mint, and lime slices

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	7 g	11%
Protein	22 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	283 mg	12%

MyPlate Food Groups

Protein Foods	3 ounces
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1. Make the sauce: In a small bowl, whisk together the soy sauce, sesame oil, cornstarch, vinegar, ginger, sugar, and garlic.
2. In a medium sauté pan over moderately high heat, warm the olive oil. Add the ground pork and cook, stirring to break up the meat, until brown, 5 to 7 minutes.
3. Drain any excess oil from the pan then add the sauce to the pan and cook, stirring frequently, until thickened, about 3 minutes.
4. Add the tofu and cook until heated through, about 2 minutes.
5. To serve, scoop several heaping tablespoons of the pork and tofu mixture into each romaine lettuce “cup” then top with broccoli slaw, bean sprouts, cilantro, mint, and lime slices.

Notes

State: California

Child's Name: Rose Scott, 12

Potato Cakes

Rating: ★★ ★

Makes: 7 servings

Ingredients

2 cups potatoes (cold, mashed, made from instant potato flakes)
1/2 cup flour (all-purpose, unsifted)
2 tablespoons onion (finely chopped)
2 tablespoons vegetable oil

Directions

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	4 g	7%
Protein	2 g	
Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	210 mg	9%

Potato Skins with Buffalo Chicken

Prep time: 45 minutes

Makes: 4 Servings

This lively dish gives a nod to buffalo chicken wings but without extra fat and calories. Start with a foundation of nutritious potatoes, naturally high in potassium, vitamin C, and fiber, and replace fried wings with shredded chicken breast and top with fresh tomatoes and onions. Don't forget the celery sticks.

Ingredients

12 ounces boneless, skinless chicken breast
1 cup water
4 medium russet potatoes (about 6 oz each)
3 tablespoons hot pepper sauce
1/4 cup non-fat milk
1/4 cup fat-reduced sour cream
2 tablespoons margarine
1/4 cup crumbled blue cheese
2 green onions
2 medium tomatoes
4 celery stalks

Directions

1. Center oven rack and preheat oven to 425 °F.
2. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand.
3. While chicken is simmering, wash and scrub potatoes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	12 g	18%
Protein	20 g	
Carbohydrates	44 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	4 g	20%
Sodium	550 mg	23%

MyPlate Food Groups

Vegetables	2 1/4 cups
Protein Foods	1 1/2 ounces
Dairy	1/4 cup

with a clean vegetable brush under running water and slit each one lengthwise about 1-inch deep.

4. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly.

5. Slice each potato in half length-wise, scoop out potato, leaving a 1/4 inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken.

6. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking).

7. Place filled potato skins on a 9x13" baking sheet and bake about 15-20 minutes until tops are golden brown.

8. Dice tomatoes and green onions. Cut celery stalks into four inch sticks.

9. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents.

Notes

Serving Suggestions: Serve with a glass of non-fat milk and apple slices.

Pretzel Shapes

Rating: ★★☆☆

Makes: 12 servings

Ingredients

2 1/4 teaspoons dry yeast

1/2 cup water (warm)

1 teaspoon honey

1 1/3 cups flour

1 teaspoon salt

Directions

1. Preheat oven to 425 degrees.
2. In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes.
3. In a large mixing bowl, measure flour and salt.
4. Add yeast mixture to flour mixture and stir until it forms a smooth ball. Add a little more flour if the dough is sticky.
5. Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if the dough is sticky.
6. Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then twist to make a pretzel, letter or other fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes until golden brown.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	50	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	190 mg	8%

Pumpkin Bread

Rating: ★★★★★

Makes: 32 servings

Ingredients

1 can pumpkin (15 ounce)
1 cup sugar
1/4 cup vegetable oil
1 cup yogurt, low-fat plain
1 1/2 cups flour (all purpose)
1 1/2 cups whole wheat flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons cinnamon
1/2 teaspoon salt
1 cup raisins

Directions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	2 g	3%
Protein	2 g	
Carbohydrates	21 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	150 mg	6%

Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Iowa State University Extension, Food for Fitness and Fun, November 2000

Pumpkin Mac & Cheese for One

Makes: 1 Serving

Ingredients

3/4 cup cooked pasta (in any shape)
1 1/2 tablespoons cheddar cheese soup (from can)
1/8 cup pumpkin puree
1 1/2 tablespoons milk, 1%
3/4 tablespoon cheese, low-fat
1 teaspoon deli mustard

Directions

1. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature.
2. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
3. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top.
4. Stir pasta, cream mixture, and cheese until cheese melts into the pasta.
5. Eat and enjoy!

Notes

Low-fat cheddar cheese used in nutrition analysis and for costing purposes.

Why add pumpkin? Adding pumpkin mixture in addition to

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	2 g	3%
Protein	9 g	
Carbohydrates	42 g	14%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	367 mg	15%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	3 ounces
Dairy	1 cup

the cheese soup lowers the total calories and boosts nutritional fiber and Vitamin A.

CSAAC (Community Services for Autistic Adults and Children)

Pumpkin Parfait

Rating: ★★★★★

Makes: 6 Servings

The rich flavor of pumpkin with granola is a delicious combination. Try this recipe for breakfast or an after-meal treat.

Ingredients

- 1 can** low-sodium pumpkin (about 15 ounces)
- 3 cups** fat-free or low-fat vanilla yogurt
- 1/4 teaspoon** ground cinnamon
- 1/4 teaspoon** ground nutmeg
- 1/4 cup** raisins
- 1/2 cup** quick cooking oats
- 1/2 cup** rice crisps
- 1 tablespoon** vegetable oil
- 1/4 cup** brown (or white) sugar (packed)

Directions

1. Preheat oven to 325 degrees F.
 2. In a blender or with a fork, blend the pumpkin until smooth.
 3. Mix pumpkin, yogurt, and spices in a bowl.
 4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil, and sugar.
 5. Spread granola on a baking pan. Bake for 10 minutes.
 6. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
 7. Spoon the pumpkin into 6 medium-sized glasses or bowls.
 8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
 9. Serve immediately or refrigerate.
- Cookbook: A Harvest of Recipes with USDA Foods



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	226	
Total Fat	4.5 g	7%
Protein	8 g	
Carbohydrates	40 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	107 mg	4%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1/2 ounce
Dairy	1/2 cup

Pumpkin Pudding

Rating: ★★★★★

Makes: 6 servings

Ingredients

1 can pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)

2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)

1/8 teaspoon salt

1 1/2 cups milk (low-fat)

1 package vanilla pudding (instant, 3.5 oz)

Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Oregon State University Cooperative Extension Service, Healthy Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	320 mg	13%

Pupusas Revueltas

Rating: ★★☆☆

Makes: 12 servings

Ingredients

16 ounces chicken breast, ground
1 tablespoon vegetable oil
1/2 pound cheese, low-fat mozzarella, grated
1/2 onion (small, finely diced)
1 garlic clove (minced)
1 green pepper (medium, seeded and minced)
1 tomato (small, finely chopped)
1/2 teaspoon salt
5 cups masa harina (corn flour, instant)
6 cups water

Directions

1. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2 inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2 inch

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	9 g	14%
Protein	16 g	
Carbohydrates	37 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	240 mg	10%

thick.

6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.

7. Serve hot.

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables, p.11

Purple Power Bean Wrap

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Wraps

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

Ingredients

- 1 teaspoon** lemon zest (make zest from juiced lemon)
- 2 tablespoons** fresh lemon, juiced
- 2 cups** Canned low-sodium great northern beans, drained, rinsed
- 1/2 cup** Fresh avocado, peeled, pitted, puréed
- 1 tablespoon** Fresh garlic, minced
- 2 1/4 teaspoons** extra virgin olive oil
- 1/3 teaspoon** chili powder
- 1/2 teaspoon** salt
- 1 1/2 cups** Fresh purple cabbage, finely shredded
- 6** Whole-wheat tortillas, 10"
- 3 cups** Fresh romaine lettuce, shredded

Directions

1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
2. Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
3. Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
4. You may cover and refrigerate at 40 °F for no more than 2 hours to avoid browning of avocado.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	274	
Total Fat	10 g	
Protein	8 g	
Carbohydrates	38 g	
Dietary Fiber	8 g	
Saturated Fat	0.77 g	
Sodium	424 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	1 ounce

5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately

Notes

Our Story

Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

Newman Elementary School

Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell

Chef: Sue Findlay

Community Members: Kim Benner (Parent) and Anne Hayek (Parent)

Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

1 wrap (two halves) provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

½ wrap (one half) provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and ¾ oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and ¾ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Raisin Bran Muffins

Makes: 48 Muffins

“My mom and I came up with this recipe when I was very young and it has always been one of my favorites. I eat the muffins various times during the day with a big glass of fat-free milk,” says Regan. “Last November I was diagnosed with type 1 diabetes and Mom and I had to go back and work on the recipe to get the carbohydrate count down. You could take out the walnuts, but there goes your protein. I have learned that protein is very important in your diet!” Combined with a salad with lean protein, this makes for a great lunch. (You can make two dozen muffins by halving the ingredients.)

Ingredients

- 3 cups** unbleached all-purpose flour
- 2 cups** whole wheat flour
- 1/2 cup** sugar substitute (baking blend)
- 1/2 cup** brown sugar substitute (baking blend)
- 1 tablespoon** baking soda
- 1 tablespoon** ground cinnamon
- 2 teaspoons** salt
- 5 large eggs** (slightly beaten)
- 1 quart** low-fat buttermilk
- 1 cup** canola oil
- 1 cup** unsweetened applesauce
- 1 box** bran flakes cereal (17.3 ounce)
- 2 large carrots** (grated)
- 1 cup** raisins
- 1 cup** chopped walnuts

Directions

1. Preheat the oven to 375°F and line 2 (12-cup) cupcake pans with liners.
2. In a large bowl, whisk together the all-purpose and



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	7 g	11%
Protein	4 g	
Carbohydrates	24 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0.8 g	4%
Sodium	335 mg	14%

MyPlate Food Groups

Grains	1 ounce
Protein Foods	1/2 ounce

whole wheat flours, along with the sugar substitute and brown sugar substitute, baking soda, cinnamon, and salt.

3. In a second large bowl, whisk together the eggs, buttermilk, oil, and applesauce.

4. Gradually fold the dry ingredients into the wet ingredients then add the bran flakes cereal, carrots, raisins, and walnuts and gently stir until incorporated.

5. Divide the batter in half. Fill the 2 pans with half the batter.

6. Bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

7. Once the pans are cool, remove the muffins and line both pans with new liners.

8. Fill the muffin cups with the remaining batter and bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

Notes

State: Kentucky

Child's Name: Regan Strehl, 11

Raisin Muffins

Makes: 12 Servings

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime.

Ingredients

2 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
6 tablespoons vegetable oil
1/2 cup maple syrup (or 2/3 cup brown or white sugar)
1 cup water
1/2 cup raisins
 nonstick cooking spray
1/2 cup quick cooking oats

Directions

1. Preheat oven to 375 degrees F.
2. Mix all of the dry ingredients in a large bowl.
3. Add the wet ingredients. Stir until just mixed.
4. Spray a 12-cup muffin pan with nonstick cooking spray.
5. Fill each cup about 3/4 full. Sprinkle about 1 teaspoon of oats on top of each muffin.
6. Bake for 20-25 minutes. The muffins can be served warm or cool.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	194	
Total Fat	7.5 g	
Protein	3 g	
Carbohydrates	31 g	
Dietary Fiber	3 g	
Saturated Fat	0.5 g	
Sodium	236 mg	

Rise and Shine Cobbler

Rating: ★★ ★

Cook time: 17 minutes

Makes: 4 servings

Ingredients

- 1 cup** peaches (canned, drained and sliced)
- 1 cup** pear halves (canned, drained and sliced)
- 6** prunes (pitted, each cut in half)
- 1/4 teaspoon** vanilla extract
- 1** orange
- 1 cup** granola, low-fat

Directions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

California Department of Health Services, Kids...Get Cooking!California Children's 5-a-Day Power Play Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	1.5 g	2%
Protein	4 g	
Carbohydrates	68 g	23%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	65 mg	3%

Roasted Fish Crispy Slaw Wrap

Prep time: 50 minutes

Cook time: 12 minutes

Makes: 6 Wraps

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Ingredients

- 2 1/2 cups** Fresh red cabbage, shredded
- 2 cups** Fresh white cabbage, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1 cup** Fresh bok choy, julienne cut "shoestring strips" 1/8"
- 2 tablespoons** Fresh cilantro, chopped
- 3/4 cup** Low-fat balsamic vinaigrette dressing
- 1 tablespoon** Salt-free chili-lime seasoning blend
- 1 tablespoon** extra virgin olive oil
- 6** Tilapia fish filets, raw, 4 oz each
- 1 1/2 cups** Fresh romaine lettuce, julienne cut "shoestring strips" 1/8"
- 6** Whole-wheat tortillas, 8"
- 6 slices** Fresh avocado, peeled, pitted, sliced
- 6** Quarters of Fresh limes, quartered

Directions

1. Preheat oven to 375 °F.
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375°F for 12 minutes or until internal temperature reaches 145°F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	342	
Total Fat	10 g	
Protein	29 g	
Carbohydrates	37 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	541 mg	

MyPlate Food Groups

Vegetables	1 3/8 cups
Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

4. Remove fish from oven.
5. To assemble wrap: Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

Notes

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

Liberty Middle School

Orlando, Florida

School Team Members

School Nutrition Professional: Sharon Springer

Chef: Ed Collieran (Executive Sous Chef, Universal Studios)

Community Member: Sarah Thornquest (Physical Education Teacher)

Students: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

Roasted Pumpkin Seed Snack Mix

Rating: ★★★★★

Makes: 8 Servings

Ingredients

2 cups crispy rice or wheat cereal squares
1/2 cup roasted whole pumpkin seeds
1/3 cup slivered almonds
1/2 cup dried cranberries
1/2 cup raisins

Directions

1. Mix all ingredients together and serve.

Regional Mental Health Center. Regional Mental Health Center Co

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	194	
Total Fat	10 g	15%
Protein	6 g	
Carbohydrates	25 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	93 mg	4%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1/2 ounce
Protein Foods	2 ounces

Salmon Patties

Rating: ★★☆☆

Makes: 9 servings

Ingredients

- 1 can salmon (15 1/2 ounce, drained)
- 1 cup cereal or crackers (whole-grain, crushed)
- 2 egg (large, - lightly beaten)
- 1/2 cup milk (1%)
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Other optional additions to patties: 1/2 teaspoon lemon

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	4.5 g	7%
Protein	12 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	270 mg	11%

pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

Missouri Nutrition Network, Eat for Health ToolkitOptional Additions from: ONIE Project & Colorado State University Extension

Salmon Spread

Rating: ★★ ★

Makes: 7 servings

Ingredients

- 1 can salmon (15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 carton yogurt, fat-free plain (8 ounce)
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)
- parsley (for garnish)

Directions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	2.5 g	4%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	0 g	0%
Sodium	NA	

Sardine, Cucumber, and Tomato Sandwich

Rating: ★

Prep time: 20 minutes

Makes: 4 Servings

Toasted whole grain bread is stacked with cucumbers, sardines, tomato, and sliced red onion. Try canned tuna or salmon as tasty alternatives for sardines.

Ingredients

- 8** slices whole-wheat or multigrain bread (toasted)
- 1** cucumber (peeled, if desired, thinly sliced)
- 2 cans** 4-ounce oil or water packed sardines (drained)
- 1/4 cup** lemon juice
- 1** large tomato (thinly sliced)
- 1** red or white onion (peeled and thinly sliced)

Directions

1. Put 4 slices toasted bread on the cutting board. Arrange cucumber slices on top of each slice.
2. Distribute the sardines evenly on top of the cucumber and using the fork, gently mash them. Spread the mashed sardines to cover the cucumber. Squeeze the lemon juice over the sardines.
3. Put the tomato slices on top of the sardines. Add the red onion. Top with the remaining slices of toast and press down gently to hold the sandwich together.
4. Cut the sandwich in half and serve right away.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	3 g	5%
Protein	23 g	
Carbohydrates	29 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	460 mg	19%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	2 ounces

Notes

Canned tuna or salmon can be used instead of sardines

USDA Center for Nutrition Policy and Promotion

Shefali's Scrumptious Spring Rolls

Makes: 2 Servings

"My mom really loves noodles and she is always looking for different things to go with them," Shefali recalls. "So when we found the recipe for spring rolls, we decided to give it a try. They turned out better than we expected, and were very easy to make as well. The peanut sauce was also an experiment that went the right way. Now we have spring rolls with peanut sauce all the time for lunch and dinner. Sometimes we have noodles on the side, along with a glass of milk."

Ingredients

8 brown rice paper rounds
1 medium carrot, finely chopped
1 medium cucumber, finely diced
1/2 cup tofu, thinly sliced
For the Spring Rolls:
1 cup shredded lettuce
1 cup bean sprouts
8 fresh mint leaves (8 to 10 leaves)
For the sauce:
1/4 cup peanut butter
1 tablespoon hot water
1 teaspoon vinegar
1 teaspoon sugar
1 teaspoon reduced-sodium soy sauce

Directions

1. Fill a pie dish with warm water. Immerse 1 rice paper round in the water until pliable, about 15 seconds, then transfer to a cutting board.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	335	
Total Fat	18 g	28%
Protein	17 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	3.5 g	18%
Sodium	552 mg	23%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	1 1/2 ounces

2. Place some carrot, cucumber, tofu, lettuce, and bean sprouts in the center of the rice paper round. Each filling should amount to about 2 tablespoons. Add a mint leaf on top.

3. Fold the bottom of the wrapper over the filling then fold both sides into the center, and roll the wrapper up tightly to form a spring roll. Transfer the spring roll to a plate and keep covered with a damp paper towel

4. Repeat with the remaining rice paper rounds and filling.

For the sauce:

1. In a small bowl, whisk together the peanut butter, hot water, vinegar, sugar, and soy sauce. Add more hot water, if needed, to thin the sauce to the desired consistency.

2. Serve the sauce with the spring rolls.

Notes

State: Massachusetts

Child's Name: Shefali Singh, 12

Makes 2 to 4 servings

Shrimp Confetti Salad Sandwich with Grapes

Prep time: 15 minutes

Makes: 4 Servings

Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

Ingredients

- 1/2 pound** frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1** 8-oz can yellow corn kernels (no salt added, drained)
- 1 cup** canned black beans (no salt added, drained and rinsed)
- 1** stalk celery (diced)
- 2 tablespoons** chopped onion
- 2 tablespoons** reduced-fat mayonnaise
- 1/2 tablespoon** salt-free Caribbean citrus seasoning
- 8** slices whole-grain bread
- 2** tomatoes (sliced)
- 4** leaves Bibb lettuce or other leaf lettuce

Directions

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
4. Top with tomato slices, lettuce, and second bread slice.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	6 g	9%
Protein	27 g	
Carbohydrates	43 g	14%
Dietary Fiber	8 g	32%
Saturated Fat	1 g	5%
Sodium	450 mg	19%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	3 ounces

Notes

Serving Suggestions: Serve with a glass of non-fat milk and a red grape cluster.

Tips for selecting and storing grapes:

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready for use, then rinse with cold water and serve, or add to recipes.

Produce for Better Health Foundation

Simple Fish Tacos

Rating: ★★★★★

Makes: 6 servings

Ingredients

1/2 cup sour cream (non-fat)
1/4 cup mayonnaise (fat-free)
1/2 cup fresh cilantro (chopped)
1/2 package taco seasoning (package low-sodium, divided)
1 pound cod or white fish fillets (cut into 1 inch pieces)
1 tablespoon olive oil
2 tablespoons lemon juice
2 cups red and green cabbage (shredded)
2 cups tomato (diced)
12 corn tortillas (6-inch, warmed)
 lime wedges (for serving)

Directions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	4.5 g	7%
Protein	18 g	
Carbohydrates	32 g	11%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	350 mg	15%

Simple Snack Mix

Rating: ★★★★★

Makes: 12 Servings

Corn and rice biscuits ready-to-eat cereal is used in this delicious snack mix.

Ingredients

1/2 tablespoon chili powder
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
1 teaspoon cayenne pepper (if you like)
3 1/2 cups corn and rice biscuits cereal
1 1/2 cups oat circles cereal
1 cup cheese crackers
3/4 cup pretzels
1/2 cup peanuts
 nonstick cooking spray

Directions

1. Preheat oven to 300 degrees F.
2. Combine chili powder, garlic powder, and onion powder in a small bowl. If using cayenne pepper, add that too.
3. Combine corn and rice biscuits, oat cereal, cheese crackers, pretzels, and peanuts in a large bowl. Spread onto a baking sheet.
4. Spray cereal mixture with nonstick cooking spray, then sprinkle spice mixture on top.
5. Bake for 25 to 30 minutes.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	5 g	
Protein	3 g	
Carbohydrates	17 g	
Dietary Fiber	1 g	
Saturated Fat	2 g	
Sodium	170 mg	

Slam Dunk Veggie Burger

Makes: 6 Servings

“When I went grocery shopping with my mom, I came across quinoa in the grains aisle, so we decided to try it,” says Devanshi. “I guess it tastes really good, so my mom and I created a burger recipe, which includes quinoa, a good source of protein. My healthy and delicious recipe can be served with a side dish of Super Scrumptious Strawberry Salad,” which has spinach, strawberries, and red onion.

Ingredients

1 cup quinoa, rinsed
2 cups water
1/2 teaspoon Kosher salt
1 cup chopped fresh cilantro leaves
1/2 cup whole wheat bread crumbs, unseasoned
1 medium white onion, finely chopped
1 large egg
1/3 cup chopped carrot
1/3 cup chopped green beans
1/3 cup sweet corn
1/4 cup feta cheese
1 clove garlic, minced
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
6 whole wheat hamburger buns
 For garnish:
 avocado
 lettuce
 tomato

Directions

1. Preheat the oven to 400°F.
2. In a medium saucepan combine the quinoa, 2 cups of



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	346	
Total Fat	9 g	14%
Protein	12 g	
Carbohydrates	57 g	19%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	552 mg	23%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 1/2 ounces

water, and 1/4 teaspoon salt. Bring to a boil then reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Transfer to a large bowl.

3. Add the cilantro, bread crumbs, onion, egg, carrot, green beans, corn, feta, garlic, oil, cumin, pepper, and the remaining 1/4 teaspoon salt and stir to thoroughly combine. Let the mixture sit for 5 minutes so the bread crumbs can absorb some moisture.

4. Divide the mixture into 6 even parts and shape each one into a 1-inch-thick patty. Arrange the patties on a baking sheet and bake for 20 minutes. Flip the patties over and continue baking until light brown, about 5 minutes.

5. Serve the patties on the buns, garnished with avocado, lettuce, and tomato.

Notes

State: Texas

Child's Name: Devanshi Udeshi, 12

Sloppy Garden Joes

Rating: ★★★★★

Makes: 12 servings

Ingredients

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 **pound** ground turkey (or chicken)
- 1 **can** tomato sauce (8 ounces, unsalted)
- 1 **can** whole tomatoes (15 ounces, crushed)
- 1 **can** mushroom (8 ounces, drained)
- 1/4 **cup** barbecue sauce
- 6 whole wheat buns (split in half to make 12)

Directions

1. Saute onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	4.5 g	7%
Protein	8 g	
Carbohydrates	18 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	290 mg	12%

Soft Chicken Taco

Makes: 4 Servings

Tacos can be served for lunch or dinner. This recipe uses fresh tomato salsa.

Ingredients

2 chicken breasts, thawed, skin and bone removed from each piece

1/2 teaspoon vegetable oil

1 teaspoon garlic, finely chopped

1/4 teaspoon salt

1/4 teaspoon black pepper

2 teaspoons taco seasoning or chili powder (optional)

1 green pepper, sliced

1 medium onion, sliced

4 soft tortillas, 6-inch size

1/4 head Romaine lettuce, sliced thin

1/4 cup tomatoes, diced

4 teaspoons fresh tomato salsa

1 tablespoon parsley or cilantro, chopped (optional)

Directions

1. In a large bowl, mix chicken, vegetable oil, garlic, salt, and pepper.
2. If using taco seasoning or chili powder, add them too.
3. Cover the bowl with plastic wrap, and place it in the refrigerator for about 30 minutes.
4. While the chicken is in the refrigerator, cook the pepper and onion, on stovetop, over medium heat until done (about 12 minutes).
5. Cook the chicken over medium heat. Cook each side about 10 to 15 minutes.
6. Place chicken on a plate. Let it cool for 5 minutes. Cut the chicken into strips.
7. To make the tacos, put chicken on the tortilla first. Add



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	175	
Total Fat	4 g	
Protein	16 g	
Carbohydrates	19 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	450 mg	

peppers and onion strips next. Top with lettuce, tomato, and salsa. If using parsley or cilantro, add that too.

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured by a food thermometer.

Soft Pretzels

Makes: 12 servings

Ingredients

- 1 package** yeast (or one Tablespoon)
warm water (100-110 degrees F)
- 2 cups** all-purpose flour
- 1 1/2 cups** whole wheat flour
- 1 egg**
- 1 tablespoon** sugar
- 2 tablespoons** sesame seeds (optional)

Directions

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.
2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.
5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.
6. Cut dough into 12 even pieces (about golf-ball size).

To Form Pretzels:

1. Roll one piece of dough into 15 inch long rope.
2. Cross left side over middle, creating loop.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	1 g	2%
Protein	5 g	
Carbohydrates	28 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	5 mg	0%

3. Fold right side of rope up and over first loop to form pretzel shape.

To Bake:

1. Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.

2. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.

3. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm.

Soul-Healthy Cornbread

Rating: ★★ ★

Makes: 12 servings

Ingredients

1 cup cornmeal
1 cup flour (all purpose)
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup low-fat buttermilk
1/2 cup applesauce, unsweetened
3 1/2 egg whites (1/2 cup)
2 tablespoons vegetable oil

Directions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in an medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

Food and Health Communications, Inc., Cooking Demo II, p.166

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	4 g	
Carbohydrates	29 g	10%
Dietary Fiber	1 g	4%
Saturated Fat	NA	
Sodium	NA	

Southwest Fruit Salsa

Makes: 6 Servings

Canned fruit that is lower in sugar is the main ingredient in this recipe. Canned mixed fruit can sweeten a spicy salsa.

Ingredients

- 1 can** mixed fruit (drained, about 15 ounces)
- 1/2 cup** onion (chopped)
- 2 tablespoons** lime juice
- 1/4 cup** green pepper or jalapeño pepper (chopped)
- 1/8 teaspoon** black pepper

Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	0 g	
Protein	1 g	
Carbohydrates	12 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	5 mg	

Southwestern Pepper Cups

Rating: ★★★★★

Makes: 10 servings

Ingredients

5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)

1/3 cup onion (chopped)

1 1/2 garlic clove (chopped)

3 cups rice, cooked

1 can tomatoes with chiles (10 1/2 ounce, diced and undrained)

1 can whole kernel corn (8 1/2 ounce, drained)
vegetable cooking spray

1/3 cup cheese, cheddar, shredded

Directions

1. Wash hands.
2. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.
5. Spoon into pepper halves, place on baking sheet coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
7. Bake again at 350 degrees for 5 to 10 minutes or until

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	21 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	210 mg	9%

hot and cheese melts.

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Speedy Burritos

Makes: 9 servings

Ingredients

- 4 cups** potatoes (finely chopped)
- 1** onion (chopped)
- 1** bell pepper (red or green, chopped)
- 3 cloves** garlic clove (pressed or finely chopped)
- 2** egg (beaten)
- 1 teaspoon** black pepper
- 1/2 teaspoon** salt
- 1 tablespoon** vegetable oil
- 1/2 cup** cup cheddar cheese (grated, optional)
- hot sauce (as needed, or salsa)
- 9** tortillas (flour or corn)

Directions

1. In a large skillet, heat oil on medium-high setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.
3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.
4. Wrap tortillas around the filling and top with salsa and cheese.

Washington State University, Eat Better, Eat Together

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	7 g	
Carbohydrates	41 g	14%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	490 mg	20%

Spicy Fruit Cup

Makes: 8 servings

Ingredients

- 2 cups** strawberries (fresh)
- 1 can** mandarin orange sections (16 ounce)
- 1 can** pear (16 ounce)
- 2 cups** pineapple chunks, in its own juice (16 ounce can)
- 1 cup** juice, orange
- 1/4 teaspoon** cinnamon (ground)
- 1/4 teaspoon** nutmeg (ground)

Directions

1. Cut the strawberries in half.
2. Open the can of mandarin oranges. Drain off the syrup.
3. Open the can of pears. Drain off the juice. Slice the pears.
4. Open the can of pineapple, but don't drain off the juice.
5. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together.
6. Carefully stir in the mandarin oranges, pears, and strawberries.
7. Refrigerate for 1 to 4 hours before serving.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	28 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	5 mg	0%

Spicy Tofu Lettuce Cups

Makes: 10 Servings

"I was born in China and adopted as a baby. Even though I haven't lived in China for a long time, I still love Chinese flavors," says Jessica. "This is a traditional Chinese dish called ma-po tofu that my mom and I added a lot of vegetables to, so it's healthier and easier to eat at lunch. The lettuce helps you to add a lot of veggies because you can wrap up whatever you want to include, then crunch them up together like you were using a tortilla."

Ingredients

For the sauce:

- 1 cup** chicken broth
- 6 tablespoons** reduced-sodium soy sauce
- 2 tablespoons** sugar
- 2 tablespoons** chili-garlic sauce
- 2 tablespoons** sesame oil

For the tofu:

- 1 tablespoon** vegetable oil
- 2 tablespoons** minced garlic
- 2 tablespoons** peeled and minced fresh ginger
- 1 pound** ground chicken breast
- 1 package** firm tofu, drained of liquid (press between paper towels) and cut into cubes
- 2 tablespoons** cornstarch
- 1 tablespoon** water
- 1** head iceberg lettuce, leaves separated
- 1** red bell pepper, seeded and thinly sliced
- 1** medium cucumber, peeled and thinly sliced
- 1** medium carrot, thinly sliced

Directions

Make the sauce:

1. In a small bowl, whisk together the chicken broth, soy



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	154	
Total Fat	9 g	14%
Protein	11 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	386 mg	16%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	1 ounce

sauce, sugar, chili-garlic sauce, and sesame oil.

2. Set aside, stirring occasionally to ensure the sugar is dissolved.

Make the tofu:

1. In a large sauté pan over moderate heat, warm the vegetable oil. Add the garlic and ginger and sauté for 1 minute. Add the ground chicken and cook, stirring to break up the meat, until the chicken is cooked through and there are no pink spots, about 6 minutes.

2. Add the tofu and the reserved sauce and simmer, covered, until the tofu is warmed through, about 5 minutes.

3. In a small bowl, whisk together the cornstarch and water. Add this to the pan and continue to simmer, stirring, until the mixture is hot, about 2 minutes.

4. Serve by taking one lettuce leaf, adding a few strips of red bell pepper, cucumber, and carrot then spooning some of the tofu mixture on top. Roll and eat.

Notes

State: West Virginia

Child's Name: Jessica Wolfe, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

Spinach Black Bean Salad

Makes: 3 servings

Ingredients

- 2 tablespoons** vinegar
- 1 tablespoon** vegetable oil
- 1 tablespoon** mustard (Dijon or other)
- 1 teaspoon** garlic powder
- 1/2 teaspoon** dried oregano
- 1/2 teaspoon** dried basil
- 1/8 teaspoon** nutmeg (optional)
- 2 cups** spinach (washed)
- 1 1/2 cups** black beans (unsalted, fat free)
- 2** tomatoes (chopped)
- 1** red onion (small, chopped)

Directions

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Notes

Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)

Add cooked chicken, egg or tuna for more protein!

Add cubes of cheddar, Swiss or smoked Gouda cheese.

Fruit makes a great addition- try dried cranberries,

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	5 g	8%
Protein	9 g	
Carbohydrates	28 g	9%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	160 mg	7%

cherries, raisins or apricots or fresh berries in season.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Spoon Bread

Makes: 6 Servings

Spoon bread is a traditional southern dish made with grits, a corn based grain. It is soft-baked bread meant to be eaten with a spoon. We use low-fat milk to make the recipe healthier.

Ingredients

nonstick cooking spray
1 tablespoon margarine
2 eggs, beaten
1 cup white grits, cooked
1 cup low-fat milk
1/2 cup cornmeal
1/2 teaspoon salt

Directions

1. Preheat oven to 350 degrees F and spray an 8x8-inch baking dish with nonstick cooking spray.
2. Combine margarine, eggs, and cooked grits in a medium bowl.
3. Stir in milk slowly, and then add cornmeal and salt. The batter should be thick, like a pudding. (Add more milk if the batter becomes too thick.) Pour into baking dish.
4. Bake for 35 to 45 minutes or until golden brown. Serve hot.

Notes

Tip: Spoon bread is a traditional southern dish; it is a soft-baked bread meant to be eaten with a spoon.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	5 g	
Protein	5 g	
Carbohydrates	18 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	240 mg	

Springtime Cereal

Makes: 2 servings

Ingredients

- 3/4 cup** wheat and barley nugget cereal
- 1/4 cup** bran cereal (100%)
- 2 teaspoons** sunflower seeds (toasted)
- 2 teaspoons** almonds (toasted, sliced)
- 1 tablespoon** raisins
- 1/2 cup** banana (sliced)
- 1 cup** strawberries (sliced)
- 1 cup** yogurt (raspberry or strawberry, low-fat)

Directions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	5 g	8%
Protein	14 g	
Carbohydrates	76 g	25%
Dietary Fiber	11 g	44%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%

Strawberry Mango Feta Toast Points

Prep time: 20 minutes

Makes: 4 Servings

Diced strawberries, mango and fat free feta cheese provide the perfect balance of sweet, savory and tangy for these quick and colorful brunch or lunch toast points.

Ingredients

- 1 ripe mango (divided)
- 2 cups strawberries (divided)
- 1/4 cup fat free feta cheese crumbles
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 4 slices whole-wheat bread

Directions

1. Peel and pit mango. Dice 3/4 of mango and 3/4 of strawberries; place in large bowl with feta cheese. Put remaining fruit, 1/4 cup basil, vinegar and oil in a blender and lend.
2. Pour blended vinaigrette over fruit-feta mix and toss gently.
3. Chop remaining basil leaves.
4. Toast bread slices and cut each slice diagonally.
5. Top toast points with dressed fruit-feta mix and chopped basil.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	243	
Total Fat	12 g	18%
Protein	7 g	
Carbohydrates	28 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	4 g	20%
Sodium	345 mg	14%

MyPlate Food Groups

Fruits	3/4 cup
Grains	1 ounce
Dairy	1/4 cup

Strawberry S'Mores

Prep time: 5 minutes

Makes: 1 Serving

This quick, easy, and mouth-watering recipe is a perfect afternoon snack for the early days of summer. Kids will love that they can make it themselves, and parents will love that it's an inexpensive and healthy treat!

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 **tablespoons** yogurt, low-fat vanilla

Directions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

Substitute any desired low-fat yogurt flavor.
Try other fruits like blueberries, bananas, etc.

University of Maryland Extension. Food Supplement Nutrition Education Program. Photo courtesy of The University of Connecticut Health Center, Center for Public Health & Health Policy.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	57	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	64 mg	3%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1/2 ounce

Sugarless Oatmeal Cookies

Rating: ★★☆☆

Makes: 15 servings

Ingredients

3 banana (ripe)
1/3 cup margarine
2 cups quick-cooking oats (uncooked)
1/4 cup skim milk
1/2 cup raisins
1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	8%
Protein	2 g	
Carbohydrates	17 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%

9. Move the cookies to wire racks or a towel. Let them cool completely.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Summer Breeze Smoothies

Rating: ★★★★★

Makes: 3 servings

Ingredients

1 cup yogurt (non-fat, plain)
6 strawberries (medium)
1 cup pineapple (crushed, canned in juice)
1 banana (medium)
1 teaspoon vanilla extract
4 ice cubes

Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	0 g	0%
Protein	4 g	
Carbohydrates	30 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

Summer Salad

Makes: 8 servings

Ingredients

- 8 cups** salad greens
- 6** green onion (thinly sliced, with tops)
- 6** mushroom (large, fresh, thinly sliced)
- 1/4 cup** walnuts (coarsely chopped)
- 3/4 cup** parsley (fresh, finely chopped)
- 3/4 cup** dressing (Tangy, see [recipe](#))

Directions

1. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl.
2. Add onion, mushrooms, walnuts and parsley. Just before serving, toss with dressing.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	2.5 g	4%
Protein	3 g	
Carbohydrates	10 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	25 mg	1%

Sunshine Salad

Makes: 5 servings

Ingredients

5 cups spinach leaves (packed, washed, and dried well)
1/2 red onion (sliced thin)
1/2 red pepper (sliced)
1 cucumber (whole, sliced)
2 orange (peeled and chopped into bite-size pieces)
1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

Directions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	180 mg	8%

Sweet & Salty Trail Mix

Makes: 10 Servings

Add some variety to your snack time with this blend of crunchy corn and oat cereals and plump raisins. Trail mix can be taken along wherever you go as a quick and easy snack.

Ingredients

- 1 1/2 cups** oat circles cereal
- 1 1/2 cups** corn squares cereal
- 1/2 cup** whole almonds (chopped)
- 1/2 cup** raisins
- 1/2 cup** small pretzels
- 1/2 cup** chocolate chips

Directions

1. Mix all ingredients in a large bowl.
2. Store in an airtight container or re-sealable plastic bag.

Notes

Tip: Trail mix can be eaten as a quick and easy snack. Or, try spooning some of the trail mix into your favorite yogurt as a light meal or easy breakfast.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	5 g	
Protein	3 g	
Carbohydrates	22 g	
Dietary Fiber	1 g	
Saturated Fat	2 g	
Sodium	90 mg	

Sweet and Juicy Raisin Tapenade

Prep time: 10 minutes

Makes: 4 Servings

Traditional tapenades can be high in sodium, but not this version, with its base of raisins. Spread on crackers or pita bread as a snack or appetizer, or include as part of a tapas-inspired meal. Makes a great portable lunch.

Ingredients

- 1 cup** California raisins
- 1/4 cup** pitted Kalamata olives (drained)
- 2 teaspoons** walnuts
- 1 tablespoon** balsamic vinegar
- 2 teaspoons** olive oil
- 1** large whole grain pita bread (approximately 16 wedges or melba rounds)

Directions

1. Place tapenade ingredients in food processor.
2. Run until raisins, olives, and walnuts are finely chopped.
3. Can be made ahead and refrigerated.
4. Serve with melba rounds or pita wedges.

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	6 g	9%
Protein	5 g	
Carbohydrates	49 g	16%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	220 mg	9%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	2 1/2 cups
Grains	2 ounces

Serving Suggestions: Serve with a glass of 100% apple juice and hummus with cucumber slices and carrot or celery sticks.

Tips on Raisins:

- Raisins are fat- and cholesterol-free, naturally low in sodium, and loaded with antioxidants.
- Just 1/4 cup of raisins is equivalent to 1/2 cup of fruit.
- Raisins are the most economical fruit per serving.

Produce for Better Health Foundation

Sweet Potato Patties

Makes: 6 servings

Ingredients

- 3** sweet potatoes
- 1 cup** bread crumbs (crushed)
- 1 tablespoon** vegetable oil

Directions

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Notes

For variety, add some finely chopped apple.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	3.5 g	5%
Protein	3 g	
Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

Tasty Tots

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 35 minutes

Makes: 36 Tots

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Ingredients

5 cups Fresh sweet potatoes, peeled, coarsely shredded
2 1/3 cups canned low-sodium garbanzo beans (chickpeas), with liquid
1/2 cup Fresh green onions, finely chopped
2 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon Granulated Garlic
1/4 teaspoon ground black pepper
1/2 teaspoon onion powder
1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	172	
Total Fat	5 g	
Protein	4 g	
Carbohydrates	28 g	
Dietary Fiber	5 g	
Saturated Fat	0 g	
Sodium	377 mg	

MyPlate Food Groups

Vegetables	3/4 cup
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5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Recipes for Healthy Kids Cookbook for Homes

Teriyaki Lettuce Wraps

Makes: 6 Servings

Ingredients

1/4 cup water
1 tablespoon cornstarch
1/2 cup teriyaki sauce, reduced sodium
1 pound ground turkey, 85% lean (or thinly sliced)
1 can water chestnuts, chopped
1 tablespoon cooking oil
6 iceberg lettuce leaves

Directions

1. Mix the water, cornstarch, and teriyaki sauce.
2. Add meat and water chestnuts.
3. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through.
4. Serve in a lettuce leaf.

Notes

Ground or thinly sliced beef or pork can be substituted for turkey.

Terrific Bean Taco

Makes: 8 servings

Ingredients

- 1** onion (small, chopped)
- 2 teaspoons** vegetable oil
- 2 cups** refried beans
- 8** taco shells (or flour tortillas, wheat or white)
- 1/4** head of lettuce (chopped)
- 2** tomatoes (chopped)
- 1 cup** cheese (shredded)
- taco sauce (optional)

Directions

1. Stir fry chopped onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	10 g	15%
Protein	8 g	
Carbohydrates	20 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	4.5 g	23%
Sodium	400 mg	17%

The Charger Wrap

Prep time: 30 minutes

Makes: 6 Servings

Ingredients

1 1/2 cups Chicken breast, cooked and chopped
1 teaspoon lemon pepper
6 8" Whole grain flour tortillas
1 1/2 cups Romaine lettuce, chopped
6 tablespoons green peppers, diced
3/4 pound tomatoes, diced
3/4 pound Lowfat mozzarella cheese, shredded



Directions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

Notes

Serving Size: 1 wrap

Three-Grain Peanut Bread

Rating: ★★★★★

Makes: 20 servings

Ingredients

1 cup flour
1/2 cup oatmeal (quick cooking)
1/2 cup cornmeal
1/2 cup non-fat dry milk powder
1/2 cup sugar
1 tablespoon baking powder
3/4 teaspoon salt
2/3 cup peanut butter
1 egg
1 1/2 cups milk, non-fat

Directions

1. Preheat oven to 325 degrees.
2. Combine dry ingredients in a large bowl.
3. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly.
4. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well.
5. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes.
6. Cool for 10 minutes and remove from pan.

Virginia Cooperative Extension, Healthy Futures: Choosing Healthy Foods

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	18 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	190 mg	8%

Tofu Eggless Salad

Rating: ★★ ★

Makes: 8 servings

Ingredients

1 pound tofu (firm)
1/2 cup scallions (diced)
1/2 cup celery (diced)
1/2 cup carrot (diced)
6 teaspoons yellow mustard
1/2 teaspoon turmeric
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 cup mayonnaise (low-fat)

Directions

1. Drain tofu. Wrap in layers of paper towels to dry.
2. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients.
3. Wash and dice vegetables, if desired.
4. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables.
5. Use as a sandwich spread or serve on a bed of crisp greens.

Tip: Use a variety of chopped vegetables for different tastes and textures.

University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	7 g	11%
Protein	5 g	
Carbohydrates	4 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	160 mg	7%

Tofu Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

3/4 pound tofu (firm)
2 tablespoons mayonnaise, reduced calorie
3 teaspoons brown mustard
1/2 teaspoon soy sauce, low-sodium
1/2 cup celery (diced)
1 tablespoon onion (diced)
1/2 green pepper (seeded and diced)
1 tablespoon parsley (minced)

Directions

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	86	
Total Fat	5 g	8%
Protein	7 g	
Carbohydrates	4 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	128 mg	5%

MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

You may substitute yellow mustard for brown mustard.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Tomato Basil and Bean Pasta Salad

Rating: ★★★★★

Makes: 12 servings

Ingredients

- 1 pound** ziti pasta (or bow tie pasta)
- 2 tablespoons** vegetable oil
- 1/4 cup** vinegar
- 2 teaspoons** Dijon mustard
- 1/4 teaspoon** pepper
- 1 cup** fresh basil leaves (chopped)
- 3** tomatoes (large, coarsely chopped)
- 1 cup** kidney beans (cooked or canned drained, or try garbanzo beans or black beans)
- 1** cup mozzarella (or provolone cheese, cubed or shredded, optional)
- 1/2** cup walnuts (chopped, optional)

Directions

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
3. In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
4. If desired, add nuts and cheese just before serving, tossing again to combine.

Notes

- Optional ingredients, walnuts and mozzarella, are not included in nutrition analysis and cost estimate.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	3.5 g	5%
Protein	8 g	
Carbohydrates	39 g	13%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	25 mg	1%

- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.

Connecticut Food Policy Council, Farm Fresh Summer Recipes

Tomato Basil Bruschetta

Rating: ★★★★★

Makes: 12 servings

Ingredients

8 tomatoes (ripe, Roma plum, chopped)
2 garlic clove (minced)
1/2 red onion (chopped)
6 basil leaves (fresh)
2 **tablespoons** olive oil (extra-virgin)
salt (optional, to taste)
pepper (optional, to taste)
1 **loaf** French bread (Italian or, cut into 1/2 inch diagonal slices)

Directions

1. Preheat oven to 400 degrees F.
2. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	3 g	5%
Protein	2 g	
Carbohydrates	12 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	120 mg	5%

Tortilla Chips and Bean Dip

Makes: 4 servings

Ingredients

- 4** corn tortillas
- 1 can** kidney beans (16 ounce)
- 1/4 cup** salsa
- 1/4 cup** sour cream, non-fat
- 1/2 cup** cheddar cheese (shredded)
- 1 cup** lettuce (shredded)

Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	8 g	12%
Protein	11 g	
Carbohydrates	30 g	10%
Dietary Fiber	8 g	32%
Saturated Fat	5 g	25%
Sodium	450 mg	19%

pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

Tostadas Delgadas

Cook time: 17 minutes

Makes: 8 servings

Ingredients

- 8 flour tortillas
- 2 **cups** refried beans (fat-free)
- 2 **cups** lettuce (shredded)
- 1 **cup** tomatoes (diced)
- 1 **cup** cheese (grated)

Directions

1. Wash hands and cooking area.
2. Turn on oven to 350°F.
3. Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy.
4. Wash and cut your lettuce and tomatoes.
5. Spread two large tablespoons of refried beans on each tortilla.
6. Top with shredded lettuce, diced tomatoes, and grated cheese.
7. Serve immediately and refrigerate leftovers.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	4.5 g	7%
Protein	12 g	
Carbohydrates	39 g	13%
Dietary Fiber	5 g	2%
Saturated Fat	1.5 g	8%
Sodium	670 mg	28%

Trail Mix Bars

Makes: 28 Bars

Ingredients

- 3 cups** crispy rice cereal
- 3 cups** toasted oat cereal
- 1 1/2 cups** raisins
- 1/2 cup** sunflower seeds
- 1 cup** honey
- 3/4 cup** sugar
- 1 jar** chunky peanut butter (16 ounces)
- 1 teaspoon** vanilla

Directions

1. Combine dry ingredients in bowl.
2. Combine honey and sugar in pan and bring to a boil.
3. Add peanut butter and vanilla, stir until peanut butter melts.
4. Pour mixture over cereal and mix well.
5. Press into a 13x9" pan and cool.

University of Wisconsin Extension. Adams County.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	225	
Total Fat	11 g	17%
Protein	6 g	
Carbohydrates	30 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	133 mg	6%

MyPlate Food Groups

Protein Foods	1 1/2 ounces
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Trail Treat

Rating: ★★★★★

Makes: 4 Servings

Ingredients

1 cup pretzels
1 cup square corn, rice or wheat cereal
1 cup round oat cereal
1 cup popcorn
1 cup goldfish crackers
 Choose Two of These:
 Choose Two of These:
1/4 cup raisins
1/4 cup dried cranberries
1/4 cup dried banana chips
1/4 cup dried pineapple
1/4 cup peanuts
1/4 cup soy nuts

Directions

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
4. Mix ingredients using stirring spoon and divide evenly into 4 storage bags.
5. Enjoy your Trail Treat.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	10 g	15%
Protein	7 g	
Carbohydrates	38 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	436 mg	18%

MyPlate Food Groups

Grains	1 1/2 ounces
Protein Foods	1/2 ounce

Ingredients used for costing and nutritional analysis:

- round oat cereal
- popcorn
- raisins
- peanuts

Chickasaw Nation Get Fresh! Nutrition Education Program.

Tropical Morning Treat

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1/4 cup** orange juice
- 1** apple
- 1** orange
- 1** banana

Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-21

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	0 mg	0%

Tuna Apple Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 can** tuna, packed in water (12 ounces)
- 2 tablespoons** red onion (minced)
- 1** apple (cored and chopped)
- 1 cup** celery (chopped)
- 1 cup** golden raisins
- 5 tablespoons** Italian dressing, light
- 2 cups** salad greens
- 2** Pita bread (cut in half)

Directions

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	4 g	6%
Protein	25 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	360 mg	15%

Tuna Apple Salad Sandwich

Prep time: 15 minutes

Makes: 4 Servings

Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

Ingredients

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 **can** 12-oz chunk light tuna (drained)
- 2 **tablespoons** low-fat plain yogurt
- 2 **tablespoons** reduced-fat mayonaise
- 1/2 **cup** raisins (or chopped figs)
- 1/4 **cup** chopped walnuts
- 1/8 **teaspoon** ground black pepper
- 2 **tablespoons** chopped fresh parsley (optional)
- 1/2 **teaspoon** curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

Directions

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	10 g	14%
Protein	27 g	
Carbohydrates	48 g	16%
Dietary Fiber	7 g	28%
Saturated Fat	1.5 g	8%
Sodium	550 mg	23%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	3 ounces

Serving Suggestions: Serve with an 8 oz glass off 100% orange juice.

Tuna Melt Burger

Rating: ★★ ★

Cook time: 30 minutes

Makes: 6 servings

Ingredients

- 1 can** tuna (6 ounce)
- 2 celery** (medium stalks, chopped)
- 1/2 cup** processed American cheese (low sodium, diced)
- 1/4 cup** light mayonnaise
- 1 tablespoon** instant minced onion
- 1/4 teaspoon** salt
- 1/8 teaspoon** pepper
- 12 whole wheat bread** (slices)

Directions

1. Wash hands and cooking area.
2. Preheat oven to 350°F.
3. Drain tuna and break the meat apart with a fork.
4. Wash and chop the celery and dice the cheese.
5. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
7. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	9 g	14%
Protein	17 g	
Carbohydrates	26 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	550 mg	23%

8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Tuna Quesadillas

Makes: 4 servings

Ingredients

- 1 can** tuna fish, packed in water (drained)
- 1 tablespoon** mayonnaise, light
- 4** flour tortillas
- 1/2 cup** cheddar cheese, low-fat (grated)

Directions

1. Mix tuna with mayonnaise.

Microwave:

1. Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.
2. Cut in half before serving.

Utah State University Cooperative Extension, Visit Website

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	4.5 g	7%
Protein	16 g	
Carbohydrates	16 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%

Tuna Salad II

Makes: 7 Servings

Ingredients

- 2 cans** tuna, drained (5 ounces each)
- 1 cup** celery, chopped
- 1/8 cup** mayonnaise
- 1/8 cup** yogurt, low-fat plain
- 1 cup** grapes, seedless (cut in half)
- 7** lettuce leaves, washed and separated

Directions

1. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir.
2. Add grapes to mixture and stir gently.
3. Cover and chill until ready to serve.
4. Serve over lettuce leaves.

Notes

Optional:

- Try apples or mandarin oranges instead of grapes.
- Add shredded carrots.
- May also serve on crackers, tortillas, or bread.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	96	
Total Fat	4 g	6%
Protein	11 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	175 mg	7%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

Tuna Veggie Antipasto

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 cups carrot (raw, chopped or any of your favorite raw veggies)

2 1/2 cups celery (raw, chopped or any of your favorite raw veggies)

6 ounces tuna, in water (light, drained and flaked)

1 can white beans (15 ounces, or your favorite beans)

2 tablespoons Parmesan cheese (grated)

1/4 cup vinegar (or juice of 2 lemons)

1 tablespoon vegetable oil

1/2 teaspoon dried dill (or 1 tablespoon fresh dill)

1 teaspoon garlic (chopped)

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	3.5 g	5%
Protein	15 g	
Carbohydrates	21 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	110 mg	5%

Directions

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.
4. Combine vegetables, beans and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Notes

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leafy lettuce.
- Add cooked rice or pasta.

- Try balsamic vinegar or ½ cup of your favorite salad dressing.
- Be creative and try different herbs and veggie combinations!

Turkey and Cucumber Sandwich

Makes: 4 Servings

These sandwiches, flavored with herbs and spices, are sure to hit the spot. With whole grains, lean protein, and dairy, this well-rounded, MyPlate meal will keep you satisfied all afternoon.

Ingredients

- 4 slices** whole wheat bread
- 4 slices** enriched white bread
- 1/2 cup** plain fat free yogurt
- 2 teaspoons** fresh dill, chopped or 1 teasspoon dried dill
- 1/2 cup** cucumbers, chopped
- 1/4 cup** onion, chopped
- 1/8 teaspoon** black pepper
- 8 ounces** turkey breast, thinly sliced ((or you can use turkey breast lunchmeat, fat free, low-sodium))
- 1/8 teaspoon** salt (optional)

Directions

Mix the yogurt, dill, onion, pepper and chopped cucumbers. Divide the yogurt/ cucumber mixture on all 8 slices of bread, top the whole wheat bread with turkey, cucumber slices and cover with the white bread.

Notes

Amount of Each Food Group Per Serving:

Fats: 0

Milk, Yogurt, Cheese: 1/8

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2

Fruits, Vegetables: .5

Bread, Cereal, Rice, Pasta: 2

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	218	
Total Fat	2 g	
Protein	21 g	
Carbohydrates	28 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	771 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	2 ounces
Dairy	1/4 cup

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bankers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Turkey Pinwheel Appetizers

Rating: ★★★★★

Makes: 16 servings

Ingredients

- 1 package** cream cheese, low-fat (8 oz, garlic and herb)
- 6** flour tortillas (8 inch)
- 6 slices** turkey
- 3** Roma tomatoes (small, chopped)
- 3 cups** baby spinach leaves (fresh)

Directions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	13 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	340 mg	14%

Turtle Apple

Prep time: 5 minutes

Makes: 1 Serving

Ingredients

1 apple, small or medium

1 **can** mandarin oranges, drained

Directions

1. Wash hands; get out ingredients and utensils.
2. Wash apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.
5. Enjoy your Turtle Apple.

Notes

Adults: Make sure you use sharp knife to cut apple in half, remove core and discard. Using can opener, open mandarin oranges and discard sharp edged lid.

Vegetable Medley with Salsa Dip

Makes: 4 servings

Ingredients

- 1 lime (juiced)
- 2 carrot (cut into 3-inch sticks)
- 2 celery stalk (cut into 3-inch sticks)
- 1/2 jicama (peeled and cut into 3-inch sticks)
- 5 medium radishes (1 bunch trimmed)
- 6 green onion (trimmed)
- 1 cup sour cream, fat free
- 1 cup fresh salsa
- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 cup cilantro (chopped fresh)
- 1/4 teaspoon salt

Directions

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.

Fresh Salsa Preparation:

1. In a medium bowl, mix tomatoes, onions, jalapeño chiles, cilantro, and salt.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

California 5 A Day, It's So Easy Contra Costa Health Services

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	4 g	
Carbohydrates	29 g	10%
Dietary Fiber	8 g	32%
Saturated Fat	NA	
Sodium	NA	

Vegetable Snake

Prep time: 5 minutes

Makes: 2 Servings

Ingredients

- 1 cucumber, small
- 1 tomato, small (or 2 grape tomatoes)

Directions

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Put cucumber slices (see notes) on a small plate to form a snake.
4. Add 2 slices of tomatoes for eyes.
5. Enjoy your Vegetable Snake.

Notes

Adults: Use a sharp knife to slice the cucumber and tomato into thin slices crosswise.

Chickasaw Nation Get Fresh! Nutrition Education Program.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	20	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	4 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	4 mg	0%

MyPlate Food Groups

Vegetables	1 cup
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Vegetarian Stuffed Peppers

Makes: 8 servings

Ingredients

- 4** bell pepper (red or green)
- 2 cups** cherry tomatoes
- 1** onion (medium)
- 1 cup** basil leaves (fresh)
- 3** garlic clove
- 2 teaspoons** olive oil
- 1/4 teaspoon** salt
- 1/4 teaspoon** pepper

Directions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	7 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	95 mg	4%

Veggie Bean Wrap

Rating: ★★★★★

Cook time: 25 minutes

Makes: 4 servings

Ingredients

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 **can** black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- 1/2 **cup** fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)

Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

California Department of Health Services, Healthy Latino Recipes Made with LoveCalifornia Latino 5-A-Day Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	480	
Total Fat	13 g	20%
Protein	13 g	
Carbohydrates	87 g	29%
Dietary Fiber	15 g	60%
Saturated Fat	2.5 g	13%
Sodium	720 mg	30%

Veggie Quesadillas

Makes: 4 servings

Ingredients

cooking oil spray
1 small zucchini (small, washed and chopped)
1/2 broccoli head (washed and chopped)
1 green bell pepper (washed, seeded and chopped)
1 onion (small, peeled and chopped)
1 carrot (scrubbed and shredded)
4 whole wheat tortillas (10-inch)
1 cup cheddar cheese (shredded low-fat)
1/2 cup salsa

Directions

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5.
7. Cut each quesadilla in half. Serve with salsa.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	6 g	9%
Protein	14 g	
Carbohydrates	34 g	11%
Dietary Fiber	6 g	24%
Saturated Fat	1.5 g	8%
Sodium	380 mg	16%

Veggie Quesadillas II

Makes: 4 Servings

Ingredients

4 tortillas, whole wheat (10 inch)
1 baby zucchini, small (diced)
1 **1/2 cups** broccoli, chopped
1 red bell pepper, seeded and diced
1 yellow onion, small (chopped)
1/2 **cup** carrots, shredded
1 **cup** cheddar cheese, low-fat (shredded or grated)
1/2 **cup** mozzarella cheese, part skim (shredded or grated)
1/2 **teaspoon** dried basil
cooking spray

Directions

1. Wash and chop vegetables.
2. Heat medium skillet to medium high and spray with cooking spray. Saute vegetables for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle on half the vegetables and half of the cheese (layer cheese, vegetables, and cheese).
4. Place the other tortilla on top. Cook for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbles and tortilla browns. If you do not want

to flip it, put a cover on the pan and cook until the cheese melts.

6. Remove from the pan. Place onto a cutting board and cut into triangles. Enjoy.

Notes

Other Ideas

- Try a variety of vegetables: eggplant, tomatoes, mushrooms, green beans, cauliflower, garlic, corn or spinach.
- Season with fresh herbs - parsley, basil, cilantro, oregano, or dill.
- Sprinkle dry herbs - Italian seasoning, chili powder, cumin, or your favorite.
- Top with your favorite spicy salsa.

Veggie Stuffed Pita

Makes: 12 servings

Ingredients

2 zucchini (medium, 2 1/2 cups chopped)
4 carrot (medium, 1 1/4 cups grated)
2 cups broccoli (chopped)
12 ounces cheddar cheese, low-fat
1/2 teaspoon oregano
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 tablespoons vegetable oil
12 mini pitas (6 inch)

Directions

1. Wash vegetables.
2. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl.
3. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl.
4. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl.
5. Grate the cheese and put into a separate bowl.
6. Measure oregano, pepper, garlic powder, onion powder and mix together.
7. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	37 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	510 mg	21%

8. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

Notes

Substitute green pepper, mushrooms or onions in place of listed vegetables.

University of Illinois, Extension Service, Wellness Ways Resource Book

Waldorf Salad

Makes: 6 servings

Ingredients

1/4 cup walnuts (chopped)
2 apple (cored and diced)
1 cup celery (diced)
1/2 cup raisins
1/4 cup plain yogurt (non-fat)
1/2 teaspoon sugar
1 teaspoon lemon juice

Directions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	25 mg	1%

Watermelon Kabobs

Rating: ★★★★★

Prep time: 45 minutes

Makes: 16 Servings

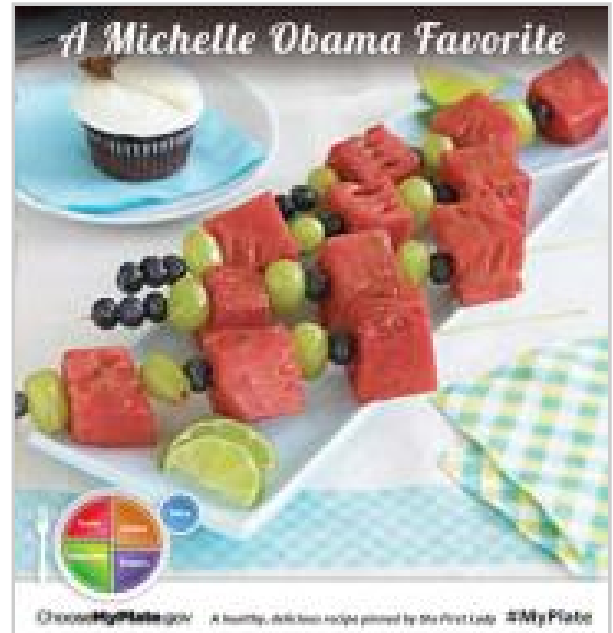
Watermelon is at its best in late summer; enjoy it cubed on a skewer with blueberries and green grapes. Add a zesty finish with a drizzle of syrup made from lime juice and sugar.

Ingredients

- 1/2** small seedless watermelon (rind removed, about 7 lbs)
- 1 pound** large seedless green grapes (removed from stems)
- 1 pint** blueberries
- 1** lime
- 2 tablespoons** sugar

Directions

1. Have ready sixteen 6 to 8-in. wooden skewers, and line a rimmed baking sheet with plastic wrap.
2. Cut watermelon in chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving.
3. Grate zest and squeeze juice from lime. Put zest, lime juice and sugar in a small bowl, let stand for 10 minutes, then stir until sugar dissolves.
4. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	71	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	4 mg	0%

MyPlate Food Groups

Fruits	1 1/4 cups
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Notes

Can be prepared through Step 2 up to 1 day ahead.

A First Lady's Favorite from Woman's Day

White Bean Bruschetta

Makes: 4 Servings

Try this tasty bruschetta with crispy bread topped with white beans, tomatoes, and spices. Served as a side dish or an appetizer, it is sure to be a crowd pleaser!

Ingredients

1 whole-wheat French baguette, cut into 12 thin slices along the bias

1/4 cup olive oil, divided

1 cup white onion, chopped

4 cloves garlic, minced

1 teaspoon dried basil

1 teaspoon dried oregano

1 cup canned navy beans, rinsed and drained

2 tomatoes, cored and cubed

2 tablespoons balsamic vinegar

Directions

1. Slice the baguette on the diagonal into thin slices (about 12 slices for a baguette).

2. In a large sauté pan, heat 2 T of the olive oil over medium heat.

3. Place the bread slices in the pan and cook on medium high heat until sizzling and golden. Before flipping the bread, add an additional tablespoon of olive oil to the pan and cook the second side until golden.

4. For the topping, cook the onions and the remaining tablespoon of olive oil over medium heat until the onions are soft, about 7 minutes.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	342	
Total Fat	15 g	23%
Protein	10 g	
Carbohydrates	43 g	14%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	332 mg	14%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces

5. Add the garlic, basil and oregano and cook another minute or two, until fragrant.
6. Add beans and continue cooking for another five minutes on low heat. Add the tomatoes and turn off the heat, allowing tomatoes to warm without cooking.
7. Drizzle the balsamic vinegar into the pan and gently stir.
8. Scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Whole Wheat Garlic Bread Sticks

Rating: ★★★★★

Makes: 6 servings

Ingredients

6 slices bread (100% whole wheat)
2 tablespoons olive oil
1/2 teaspoon garlic powder
1 Italian seasoning (as needed, to sprinkle on)

Directions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	13 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	150 mg	6%

Whole Wheat Muffins

Makes: 12 servings

Ingredients

1 cup flour (all purpose)
1 cup whole wheat flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg
1 teaspoon vanilla (optional)
1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
1/2 teaspoon cinnamon (ground)

Directions

1. Preheat oven to 400 degrees. Lightly oil or coat with non-stick spray the cups of a 12 cup muffin pan, or use paper muffin cups.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil. Mix with a fork until egg is well combined with other ingredients.
4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick.
5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	230 mg	10%

over each muffin.

6. Bake in oven for 20 to 25 minutes until golden brown.
Serve warm. Leftovers may be frozen.

Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

Yogurt Berry Parfait

Prep time: 5 minutes

Makes: 4 servings

Ingredients

2 cups yogurt (low-fat or fat-free, plain or vanilla*)
1 cup banana (sliced)
1/2 cup blueberries (fresh)
1/2 cup strawberries (fresh, sliced)
 other optional fruit (raspberries, peaches, pineapple and/or mangos)
1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

*Low-fat vanilla yogurt used for costing and nutrient analysis.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see: www.nutrition.gov/kidscook.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	4 g	7%
Protein	9 g	
Carbohydrates	40 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	90 mg	4%

Yogurt Pops

Makes: 4 servings

Ingredients

3/4 carton yogurt, fat-free, flavored or plain (8 ounce)

3/4 cup fruit juice

Directions

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	49	
Total Fat	0 g	0%
Protein	3 g	
Carbohydrates	9 g	3%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	36 mg	2%

MyPlate Food Groups

Fruits	1/4 cup
Dairy	1/4 cup

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Yogurt Popsicles

Makes: 12 popsicles

Ingredients

6 ounces frozen orange juice concentrate, thawed

2 cups yogurt, low-fat vanilla

Other Items Needed:

12 paper cups (3-ounce)

12 wooden sticks

aluminum foil

Directions

1. Pour yogurt into melted juice concentrated and stir until smooth.
2. Place cups together on a baking sheet.
3. Pour yogurt/juice mixture into paper cups.
4. Cover the cups with a sheet of aluminum foil.
5. Insert stick for each popsicle by making a slit in foil over the center of each cup.
6. Freeze popsicles until firm.
7. Run warm water on the outside of each cup to loosen each popsicle from the cup.

Yogurt Smoothie in a Bag

Makes: 1 smoothie

Ingredients

1/4 cup yogurt, low-fat vanilla (or plain)

1 tablespoon milk, 1%

2 teaspoons frozen fruit juice concentrated (thawed)

Directions

1. Place ingredients in a heavy duty snack sized plastic bag.
2. Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie.

Notes

Orange juice concentrate used for costing and nutrition analysis.

Yummy Bagels

Makes: 16 Bagels

Ingredients

2 tablespoons sugar
1 tablespoon yeast
1 1/2 cups warm water
2 cups flour, whole wheat
1 1/4 cups flour, white
1 teaspoon canola oil
cinnamon/sugar or salt

Directions

1. Mix sugar, yeast, water, and flours together.
2. Rub inside of bowl with oil. Place dough in bowl and flip to coat with oil. Let rise 30 minutes.
3. Punch down dough and divide into 16 portions. Shape into a ball and poke a hole through the middle with your fingers.
4. Place on a well-greased baking sheet and cover with a towel to rise again for 15-20 minutes. Put 2 inches of water in a pot and heat to boiling.
5. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side. Remove and dry on a towel. Place back on baking sheet. If desired, sprinkle bagels with cinnamon/sugar or salt.
6. Bake at 475°F for 8-12 minutes.

Yummy Bean Dip

Makes: 1 Serving

Ingredients

1/3 cup beans, canned or cooked (pinto work great)
1 teaspoon yogurt, non-fat plain
1 tablespoon salsa

Directions

1. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers.
2. Add yogurt and salsa. Seal bag and mix with fingers.
3. Open bag or cut off corner of bag and squeeze out dip.

Notes

Enjoy dip with your favorite veggies, corn chips, pita bread wedges, or whole-wheat crackers.
 Canned pinto beans used for costing and nutrition analysis.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	76	
Total Fat	0 g	0%
Protein	5 g	
Carbohydrates	14 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	144 mg	6%

MyPlate Food Groups

Vegetables	1/2 cup
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University of Wyoming, Cent\$ible Nutrition Program, Cooking For Your or Two p.246

Zucchini Bread

Rating: ★

Makes: 16 servings

Ingredients

3 egg
 1 cup sugar
 1/4 cup vegetable oil
 2 cups zucchini (grated)
 1 teaspoon vanilla
 1 1/2 cups flour (all purpose)
 1 1/2 cups whole wheat flour
 1 teaspoon salt
 2 teaspoons baking soda
 2 teaspoons cinnamon
 1/2 teaspoon baking powder
 1/2 cup raisins

Directions

1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	35 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	330 mg	14%

7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

Zucchini Bread (FDD)

Makes: 1 Loaf

Grate summer squash with a cheese grater and use in breads, muffins, salads, coleslaw, or sauces.

Ingredients

nonstick cooking spray
1 egg
1 cup sugar
1/2 cup vegetable oil
1 cup flour
1/8 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon vanilla
1/2 cup raisins
1 cup summer squash (yellow or zucchini, shredded)

Directions

1. Preheat oven to 350 degrees F. Coat a bread loaf pan with nonstick cooking spray. 2. In a large bowl, mix eggs, sugar, and oil together. 3. Add flour, baking powder, baking soda, cinnamon, salt, vanilla, and raisins. 4. Stir in squash and mix well. 5. Pour batter into pan. 6. Bake for 40 minutes or until a toothpick or fork inserted into the center comes out clean.

Notes

1 Loaf= 14 Slices

Zucchini Pancakes

Makes: 2 Servings

Ingredients

2 cups grated zucchini
1 tablespoon finely chopped onion
1 egg, beaten
1 1/2 tablespoons flour
1 tablespoon Parmesan cheese
1/4 teaspoon minced parsley
1/2 teaspoon garlic powder
salt and pepper (to taste, optional)
1 tablespoon olive oil (or cooking spray)

Directions

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter.
3. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels.